THE AYURVEDIC PHARMACOPOEIA OF INDIA

PART - II

FIRST ENGLISH EDITION

GOVERNMENT OF INDIA

MINISTRY OF HEALTH AND FAMILY WELFARE

DEPARTMENT OF INDIAN SYSTEMS OF MEDICINE AND HOMOEOPATHY

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FORWARD

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FORWARD

Ayurvedic Formulary of India, Part-I (AFI Part-I) is a compilation of 444 classical formulations which are most commonly manufactured and used in the practice of Ayurveda in the country. The Ayurvedic Formulary of India, Part-II (AFI Part-II) contains 190 such classical formulations, which are predominantly manufactured in Government pharmacies and used by teaching institutions, Govt. colleges and hospitals etc. The document has been compiled by translating the Sanskrit texts, which have been edited with reference to the ingredients, method of preparation, doses and classical uses. Some of the ambiguities which had been encountered have been removed and the formulations in the text can now be easily understood which would facilitate systematic manufacture of the drugs.

The English edition of AFI Part-II has been improved in as much as this document contains a complete list of single ingredients of plant origin, alongwith their botanical names and approved substitutes, where the drugs are not available. This will help in the identification of the species, which in turn will enable standardisation of the formulations.

This volume has been prepared under the constant guidance of the expert members of the Ayurvedic Pharmacopoeia Committee. The staff of Ayurvedic Pharmacopoeia Committee Cell in the Department of ISM & H has contributed in the translation and editorial work, which deseeves appreciation. It is expected that the English edition of the Ayurvedic Formulary of India, Part-II would be useful not only within India but also in other countries of South East Asia where Ayurveda is being practised.

I forward this volume with great pleasure and appreciation.

Shailaja Chandra

(SHAILAJA CHANDRA)

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LEGAL NOTICE

1. In India there are laws dealing with certain substances which are the subject of the monographs of compound formulations included in the Ayurvedic Formulary of India. These monographs should be read subject to the restrictions imposed by those wherever they are applicable.

2. It is expedient that enquiry be made in each case in order to ensure that the provisions of any law are being complied with.

3. In general, the provisions of the Drugs and Cosmetics Act (1940), Chapter IVA as are applicable to Ayurvedic Drugs and the Rules framed there under should be consulted.

4. Standards for the several single drugs of plant, animal and mineral origin included in the Pharmacopoeial List of Single Drugs included as an Appendix to the Ayurvedic Formulary have yet to be worked out. In the manufacture of medicines included in this Formulary, it should be ensured that the Vaidya - in - charge of the Pharmacy has reasonably satisfied himself about the identity and purity of the drugs.

5. Use of Substitute drugs (Pratinidhi dravyas), wherever the original drugs are not available, is permissible in the Ayurvedic classics and practice. It must, however, be ensured that only the substitutes as are mentioned in the texts or included in the Formulary are used.

6. Formulations included in the Ayurvedic Formulary may also be manufactured as per formulae given in various Ayurvedic Classics. The Ayurvedic Formulary has, however, included the most commonly accepted Formulae for the medical preparations included therein. It does not however preclude the Ayurvedic Pharmaceutical industry and the practitioners from manufacturing medicines on the basis of other formulae. But should the medicines be prepared according to the reference mentioned in the formulary, deviation in the details of the ingredients or their quantities is not permissible.

GENERAL NOTICE

Title : The title of this book, including supplements thereto, is the Ayurvedic Formulary of India, The word 'Formulary' wherever it occurs in the text, refers to the Ayurvedic Formulary of India.

Names of Drugs, Preparations and other Substances

Synonyms : While it is advisable that the Sanskrit titles and names should be employed in prescription, the more important or frequently used alternative names are given as synonyms. These synonyms are also titles, and substances or preparations so designated for use in medicine, have the same significance as the main titles.

Official : All names of drugs, formulations and processes mentioned in the Formulary will be deemed to be Sastriya and would be synonymous with the word "Official" and applies to any statement included in the General Notices, Monographs and Appendices of the Formulary.

Methods of Preparation: The General Method of Preparation has been given immediately preceding the individual Groups of Formulations. When there is a statement in the body of a monograph of the formulation that a substance will have to be prepared by a certain method, it indicates that the general method is modified to that extent. In some cases there are more than one method of preparation and new methods are constantly being evolved. What is intended is that, irrespective of the method of preparation, the resulting substances must comply with Formulary requirements

Doses : Doses mentioned in the Formulary are intended merely for general guidance and represent, unless otherwise stated, the average range of quantities per dose which are generally regarded as suitable for adults when administered orally. It is not to be regarded as binding upon the prescribers. The doses may in many cases be repeated three to four times in 24 hours. The medical practitioner will exercise his own judgment and act on his own responsibility in respect of the amount of any therapeutic agent he may prescribe or administer or the frequency of its administration. When, however an unusually large dose appears to have been prescribed, it shall be the duty of the pharmacist or dispenser to satisfy himself that the prescriber's intention has been correctly interpreted. If it is necessary

to administer a drug by a route other than oral, single dose for such administration is mentioned

Doses are expressed in the metric system of weights or measures. A conversion table is appended to the Formulary giving the classical Ayurvedic System of weights and measures and their metric equivalents.

It is to be noted that the relation between the doses in metric and Ayurvedic Systems set forth in the text is of only approximate equivalence. These equivalents are for the convenience of the prescriber and are sufficiently accurate for pharmaceutical or other purposes.

Weights and Measures : In the Formulary only the metric system of weights and measures is indicated.

Fluid measures are given in multiples or fractions of millilitre. The term 'ml' is used as short designation for the millilitre

When the term 'drop' is used, the measurement is to be made by means of a tube which delivers 1 gram of distilled water at 15° C, in 20 drops.

Metric measures are required by the Formulary to be graduated at 25° C., and all measurements involved in the analytical operations of the Formulary are intended, unless otherwise stated, to be made at that temperature.

Crude Drugs : Plant, animal and mineral drugs are required to be free from insects and other foreign matter, and from animal excreta, and to show no abnormal odour, colour, sliminess, mould or other evidence of deterioration.

Storage : The container and its closure must not interact physically or chemically with the substance which it holds so as to alter the strength, quality or purity of the substance. If interaction is unavoidable, the alteration must not be so great as to bring the substance below Formulary requirements. A well closed container must protect the contents from contamination by extraneous matter or moisture, from loss of the substance under ordinary

or customary conditions of handling, shipment, storage or sale. A tightly-closed container must protect the contents from contamination by extraneous matter or moisture, from loss of the substance and from efflorescence, deliquescence, or evaporation under the ordinary or customary conditions of handling, shipment, storage or sale, and shall be capable of tight reclosure. Where a tightly-closed container is specified, it may be replaced by hermetically -closed container. A hermetically closed container for a single dose of that substance must be impervious to air or any other gas under the ordinary or customary conditions of handling, shipment, storage or sale.

Indo-Romanic Equivalents of Devanagari Alphabets

अ	a		ट	ṭa
आ	ā		ठ	ṭha
इ	i		ड	ḍa
ई	ī		ढ	ḍha
उ	u		ण	ṇa
ऊ	ū		त	ta
ऋ	ṛ		थ	tha
ए	e		द	da
ओ	o		ध	dha
औ	au		न	na
◌ं	ṃ		प	pa
ः	ḥ		फ	pha
क	ka		भ	bha
ख	kha		म	ma
ग	ga		य	ya
घ	gha		र	ra
ङ	ṅa		ल	la
च	ca		व	va
छ	cha		श	śa
ज	ja		स	sa
झ	jha		ष	ṣa
ञ	ña		ह	ha
			क्ष	kṣa
			ज्ञ	jña

Abbreviations for Parts of Plants

1	**(A.R.)**	**Arial Roots**
2	**(Adr.)**	**Androecium**
3	**(Ar.)**	**Aril**
4	**(Bl.)**	**Bulb**
5	**(Cotdn.)**	**Cotyledon**
6	**(Dr.Fr.)**	**Dry Fruit**
7	**(Dr.Sd.)**	**Dry Seed**
8	**(Enm.)**	**Endosperm (Beeja Majja)**
9	**(Exd.)**	**Exudate**
10	**(Ext.)**	**Extract**
11	**(Fl.)**	**Flower**
12	**(Fl.Bd.)**	**Flower Bud**
13	**(Fr.)**	**Fruit**
14	**(Fr./Dr.Sd.)**	**Fruit / Dry Seed**
15	**(Fr./Fl.)**	**Fruit / Flower**
16	**(Fr./Rt.)**	**Fruit / Root**
17	**(Fr.P.)**	**Fruit Pulp**
18	**(Fr.R.)**	**Fruit Rind**
19	**(Ft.Exd.)**	**Fruit Exudate**
20	**(G.H.F)**	**Glands& Hair on Fruit**
21	**(Gl.)**	**Gall**
22	**(Hairs in the fruit)**	**Hairs in the fruit**
23	**(Ht.Wd.)**	**Heart Wood**
24	**(Ifl.)**	**Inflorescence**
25	**(Kr.)**	**Kernel**

26	**(L.)**	**Latex**
27	**(L.R.)**	**Leaf Raches**
28	**(Lf.)**	**Leaf**
29	**(Lf./Pl.)**	**Leaf / Plant (Whole)**
30	**(Lf./Rt.)**	**Leaf / Root**
31	**(Lf.Bud.)**	**Leaf Bud**
32	**(Lf.Ext.)**	**Leaf Extract**
33	**(Lx.)**	**Latex**
34	**(Ol.)**	**Oil**
35	**(P.)**	**Pericarp**
36	**(Pl.)**	**Plant (Whole)**
37	**(Resin)**	**Resin**
38	**(Rt.)**	**Root**
39	**(Rt./Lf.)**	**Root / Leaf**
40	**(Rt./Pl.)**	**Root / Plant (Whole)**
41	**(Rt./Rz.)**	**Root / Rhizome**
42	**(Rt./St.Bk.)**	**Root / Stem Bark**
43	**(Rt.Bk.)**	**Root Bark**
44	**(Rt.Tr.)**	**Root Tuber**
45	**(Rz.)**	**Rhizome**
46	**(S.C.)**	**Silicacious Concretion**
47	**(Sd.)**	**Seed**
48	**(Sd./Pl.)**	**Seed / Plant (Whole)**
49	**(Solid Ext.)**	**Solid Extract**
50	**(St.)**	**Stem**
51	**(St. Bk.)**	**Stem Bark**

52	**(St./Lf.)**	**Stem / Leaf**
53	**(St./Rt.)**	**Stem / Root**
54	**(St.Bk.)**	**Stem Bark**
55	**(St.Ext.)**	**Stem Extract**
56	**(St.Tr)**	**Stem Tuber**
57	**(Stg.)**	**Stigma**
58	**(Stl./Stg.)**	**Style & Stigma**
59	**(Stmn.)**	**Stamens**
60	**(Sub.Ext.)**	**Sublimated Extract**
61	**(Sub.Rt.)**	**Substitute Root**
62	**(Sub.Rt.Tr.)**	**Substitute Root Tuber**
63	**(Sub.St.Bk.)**	**Substitute Stem Bark**
64	**(Tr.)**	**Tuber**
65	**(U.F.P)**	**Unripe Fruit Pulp**
66	**(Wl.Pl.)**	**Whole Plant**

PREFACE

1.The first volume of the Ayurvedic Formulary of India included important formulations, Yttlich are manufactured on a large scale and used frequently by the physicians of the country. In the second volume of the Ayurvedic Formulary of India, those formulations which are described in texts and are manufactured by the State Pharmacies for their use in Government hospitals and dispensaries are included. It was a difficult task for the Committee to decide upon the exact methods of manufacture given in some of these texts and determine the correct methods of manufacture. However, with the help of eminent scholars in the profession, this has been achieved and we are glad to present the second volume of the Ayurvedic Formulary.

2.This Committee would like to place on record its appreciation of the valuable services rendered by the staff of the Ayurvedic Pharmacopoeia Committee, (APC) Section in the Ministry of Health and Family Welfare for the preparation of the Second Volume of the Ayurvedic Formulary.

CHAIRMAN

Ayurvedic Pharmacopoeia Committee

New Delhi

Dated : Jan, 2000

1. ĀSAVA AND ARIṢṬA

Definition

Āsavas and Ariṣṭas are meidicinal preparations made by soaking the drugs, either in powder form or in the form of deocoction (Kaṣāya), in a solution of sugar or jaggery, as the case may be, for a specified period of time, during which it undergoes a process of fermentation generating alcohol, thus facilitating the extraction of the active principles contained in the drugs. The alcohol, so generated, also serves as a preservative.

Method of preparation

1. **Ariṣṭa**

The drugs mentioned in the texts are coarsely (Yavakūṭa) powdered and Kāṣāya is prepared. The Kaṣāya is strained and kept in the fermentation pot, vessel or barrel. Sugar, jaggery or honey[1], according to the formula, is dissolved, boiled, filtered and added. Drugs mentioned as Prakṣepa Dravyas are finely powdered and added. At the end, Dhātakī Puṣpa, if included in the formula, should be properly cleaned and added. The mouth of the pot, vessel or barrel is covered with an earthen lid and the edges sealed with clay-smeared cloth wound in seven consecutive layers. The container is kept either in a heap of paddy, so as to ensure that for the duration of fermentation, as far as possible, a constant temperature may impede or accelerate the fermentation.

After the specified period, the lid is removed, and the contents examined to ascertain whether the process of fermentation (Sandhāna) has been completed. The fluid is first decanted and then strained after two or three days. When the fine suspended particles settle down, it is strained again and bottled.

2. **Āsava**

The required quantity of water, to which jaggery or sugar as prescribed in the formula is added, is boiled and cooled. This is poured into the fermentation pot, vessel or barrel. Fine powders of the drugs mentioned in the formula are added. The container is covered with a lid and the edges are sealed with clay-smeared cloth wound in seven consecutive layers. The rest

of the process is as in the case of Ariṣṭa.

General precautions

If the fermentation is to be carried in an earthen vessel, it should not be new. Water should be boiled first in the vessel. Absolute cleanliness is required during the process. Each time, the inner surface of the fermentation vessel should be fumigated with Pippalī Cūrṇa and smeared with ghee before the liquids poured into it. (In large scale manufacture, wooden-vats, porcelain-jars or metal vessels are used in place of earthen vessels).

Characteristics

The filtered Āsava or Ariṣṭa should be clear without froth at the top. It should not become sour (cukra). The preparation has the characteristic of aromatic alcoholic odour.

Preservation

Āsavas and Ariṣṭas can be kept indefinitely. They should be kept in well-stoppered bottles or jars.

Note:

1. Honey, wherever mentioned, should be added as such without being dissolved or boiled.

1 : 1 DRĀKṢĀSAVA

(Bhaiṣajyaratnāvalī, Arśarogādhikāra: 170-174)

द्राक्षापलशतं दत्त्वा चतुर्द्रोणेऽम्भसः पचेत्।
द्रोणशेषे रसे तस्मिन् पूते शीते प्रदापयेत्।।१७०।।
शर्करायास्तुलां दत्त्वा तत्तुल्यं मधुनस्तथा।
पलानि सप्त धातक्याः स्थापयेदाज्यभाजने।।१७१।।
जातीलवङ्गकक्कोललवलीफलचन्दनैः।
कृष्णात्रिगन्धसंयुक्तैर्भागैरर्द्धपलांशकैः।।१७२।।
त्रिसप्ताहाद् भवेत् पेयं तस्य मात्रा यथाबलम्।
नाम्ना द्राक्षासवो ह्येष नाशयेद् गुदकीलकान्।।१७३।।

शोथारोचकहृत्पाण्डुरक्तपित्तभगन्दरान्।
गुल्मोदरकृमिग्रन्थिक्षतशोषज्वरान्तकृत्।
वातपित्तप्रशमनः शस्तश्च बलवर्णकृत्।।१७४।।

1.	Drākṣā	(Dr. Fr.)	4.800	kg
2.	Water for decoction		49.152	l
	reduced to		12.288	l
3.	Śarkarā		4.800	kg
4.	Madhu		4.800	kg
5.	Dhātakī	(Fl.)	336	g
6.	Jātī	(Fl.)	24	g
7.	Lavaṅga	(Fl.)	24	g
8.	Kakkola (Kaṅkola)	(Fr.)	24	g
9.	Lavalī phala	(Fr.)	24	g
10.	Candana (Śveta candana)	(Ht. Wd.)	24	g
11.	Kṛṣṇā (Pippalī)	(Fr.)	24	g
12.	Tvak	(St. Bk.)	24	g
13.	Elā (Sūkṣmailā)	(Sd.)	24	g
14.	Patra (Tvakpatra)	(Lf.)	24	g

Dose

12ml to 24 ml

Important Therapeutic Uses

Arśa (Haemorrhoids), Aruci (Tastelessness), Hṛdroga (Heart disease), Pāṇḍu (Anaemia), Raktapitta (Bleeding disorder), Udararoga (Ascites), Kṣata (Wound), Śoṣa (Cachexia), Jvara (Fever)

1 : 2 PUNARNAVĀDYARIṢṬA

(Bhaiṣajyaratnāvalī,Śotharogādhikāra : 192-196)

पुनर्नवे द्वे च बले सपाठे वासा गुडूची सह चित्रकेण।
निदिग्धिका च त्रिपलानि पक्त्वा द्रोणार्द्धशेषे सलिले ततस्तु ।।१९२।।

पूत्वा रसं द्वे च गुडात्पुराणात् तुले मधुप्रस्थयुतं सुशीतम्।
मासं निदध्याद् घृतभाजनस्थं पर्णे यवानां परतश्च मासात् ।।१९३।।

चूर्णीकृतैरर्द्धपलांशिकैस्तं हेमत्वगेलामरिचाम्बुपत्रैः।
गन्धान्वितं क्षौद्रघृतप्रदिग्धं जीर्णे पिबेद् व्याधिबलं समीक्ष्य ।।१९४।।
हृत्पाण्डुरोगं श्वयथुं प्रवृद्धं प्लीहभ्रमारोचकमेहगुल्मान्।
भगन्दरं षड् जठराणि कासं श्वासं ग्रहण्यामयकुष्ठकण्डूः ।।१९५।।

शाखानिलं बद्धपुरीषताञ्च हिक्कां किलासञ्च हलीमकञ्च।
क्षिप्रं जयेद् वर्णबलायुरोजस्तेजोऽन्वितो मांसरसान्नभोजी।।१९६।।

1.	Śveta Punarnavā	(Rt.)	144	g
2.	Raktapunarnavā	(Rt.)	144	g
3.	Balā	(Rt.)	144	g
4.	Atibalā	(Rt.)	144	g
5.	Pāṭhā	(Rt.)	144	g
6.	Vāsā	(Rt.)	144	g
7.	Guḍūcī	(St.)	144	g
8.	Citraka	(Rt.)	144	g
9.	Nidigdhikā (Kaṇṭakārī)	(Pl.)	144	g
10.	Water for decoction		12.288	l
	reduced to		6.144	l
11.	Purāṇa Guḍa		9.600	kg
12.	Madhu		708	g
13.	Hema (Nāgakeśara)	(Adr.)	24	g
14.	Tvak	(St. Bk.)	24	g

15.	Elā (Sūkṣmailā)	(Sd.)	24	g
16.	Marica	(Fr.)	24	g
17.	Ambu (Hrīvēra)	(Rt.)	24	g
18.	Patra (Tvakpatra)	(Lf.)	24	g

Dose

10ml to 25 ml

Important Therapeutic Uses

Hṛdroga (Heart disease), Pāṇḍu (Anaemia), Śotha (Inflammation), Plīhā Vṛddhi (Splenomegaly), Bhrama (Vertigo), Baddhapurīṣa (Hard stools), Halīmaka (Chronic obstructive Jaundice/Chlorosis/Advanced stage of Jaundice), Gulma (Abdominal lump), Bhagandara (Fistula-in-ano), Kāsa (Cough), Śvāsa (Dyspnoea/Asthma), Grahaṇī (Malabsorption syndrome), Kuṣṭha (Diseases of skin), Kaṇḍū (Itching)

Note: Madhu is to be added when the decoction is cool. Thereafter Prakṣepa dravya should be added and poured in the snigdha pot and kept for one month in heap of paddy.

1 : 3 BABBŪLARIṢṬA

(Śāraṅgadharasaṃhitā, Madhyamakhaṇḍa, Adhyāya 10: 66-68 1/2)

तुलाद्वयं तु बब्बूल्याश्चतुर्द्रोणे जले पचेत्।
द्रोणशेषे रसे शीते गुडस्य च तुलां क्षिपेत्।।६६।।

धातकीं षोडशपलां कृष्णां च द्विपलां तथा।
जातीफलानि कङ्कोलमेलात्वक्पत्रकेशरम्।।६७।।
लवङ्गं मरिचं चैव पलिकान्युपकल्पयेत्।
मासं भाण्डे स्थितस्त्वेष बब्बूलारिष्टको जयेत्।।६८।।

क्षयं कुष्ठमतीसारं प्रमेहश्वासकासकम्।

1.	Babbūla	(St. Bk.)	9.600	kg
2.	Water for decoction		49.152	l
	reduced to		12.288	l
3.	Guḍa		4.800	kg
4.	Dhātakī	(Fl.)	768	g
5.	Kṛṣṇā (Pippalī)	(Fr.)	96	g
6.	Jātīphala	(Sd.)	48	g
7.	Kaṅkola	(Fr.)	48	g
8.	Elā (Sūkṣmailā)	(Sd.)	48	g
9.	Tvak	(St. Bk.)	48	g
10.	Patra (Tvakpatra)	(Lf.)	48	g
11.	Keśara (Nāgakeśara)	(Adr.)	48	g
12.	Lavaṅga	(Fl.)	48	g
13.	Marica	(Fr.)	48	g

Dose

10ml to 25 ml

Important Therapeutic Uses

Kṣaya (Pthisis), Kuṣṭha (Diseases of skin), Atīsāra (Diarrhoea), Prameha (Urinary disorders), Śvāsa (Dyspnoea/Asthma), Kāsa (Cough)

2. ARKA

Definition

Arka is a liquid preparation obtained by distillation of certain liquids or drugs soaked in water using the Arkayantra or any convenient modern distillation apparatus.

Method of preparation

The drugs are cleaned and coarsely powdered. Some quantity of water is added to the drugs for soaking and kept over-night. This makes the drugs soft and when boiled releases the essential volatile principles easily. The following morning it is poured into the Arka yantra and the remaining water is added and boiled. The vapour is condensed and collected in a receiver. In the beginning, the vapour consists of only steam and may not contain the essential principles of the drugs. It should therefore be discarded. The last portion also may not contain therapeutically essential substance and should be discarded. The aliquots collected in between contain the active ingredients and may be mixed together to ensure uniformity of the arka.

Characteristics

Arka is a suspension of the distillate in water having slight turbidity and colour according to the nature of the drugs used and smell of the predominant drug.

2 : 1 PŪDĪNĀRKA

(Āyurveda Sāra Saṅgraha; Arka Prakaraṇa)

1.	Pūdīnā	(Lf.)	960	g
2.	Water for soaking		15	l

Dose

10ml to 25 ml

Important Therapeutic Uses

Chardi (Emesis), Ajīrṇa (Dyspepsia), Udaraśūla (Pain in the abdomen), Agnimāndya (Digestive impairment)

2 : 2 YAVĀNYARKA

(Arkaprakaśa, śataka : 3:7)

यवान्याः पाचनो रुच्यो दीपनस्त्रिक्शूलहृत्।।
अजमोदोद्भवो वातकफहा बस्तिशोधनः।।७।।

1.	Yavānī	(Fr.)	1	part
2.	Water for soaking		2	part
3.	Water for preparaion of Arka		4	part

Dose

10ml to 25 ml

Important Therapeutic Uses

Trika Śūla (Pain in sacral region), Agnimāndya (Digestive impairment)

3. AVALEHA OR LEHA AND PĀKĀ

Definition

Avaleha or Lehya is a semi-solid preparation of drugs, prepared with addition of jaggery, sugar or sugar-candy and boiled with prescribed drug juice or decoction. They are also known as Modaka, Guḍa, Khaṇḍa, Rasāyana, Leha etc.

Method of preparation

There preparations generally have (1) Kaṣāya or other liquids, (2) jaggery, sugar or sugar-candy, (3) powders or pulps of certain drugs; and (4) ghee or oil and honey. Jaggery, sugar or sugar-candy is dissolved in the liquid and strained to remove the foreign particles. This solution is boiled over a moderate fire. When the Pāka (Phāṇita) is thready (tantuvat) when pressed between two fingers or when it sinks in water without getting easily dissolved, it should be removed from the fire. Fine powders of drugs are then added in small quantities and stirred continuously and vigorously to form a homogenous mixture. Ghee or oil, if mentioned, is added while the preparation is still hot and mixed well. Honey, if mentioned is added when the preparation is cool and mixed well.

Characteristics

The Lehya should neither be hard nor be a thick fluid. When pulp of the drugs is added and ghee or oil is present in the preparation, this can be rolled between the fingers. Growth of fungus over it or fermentation is, among others, signs of deterioration. When metals are mentioned, the bhasmas of the metals are used. In the case of drugs like Bhallātaka, purified drugs alone are included in the preparation. The colour and smell depend on the drugs used.

Preservation and Storage

The Lehya should be kept in glass or porcelain jars. It can also be kept in a metal container which does not react with it. Normally, Lehyas should be used within one year.

3 : 1 AṢṬĀṄGĀVALEHA

(Āyurveda Saṅgraha, Kaphajvaracikitsā: Page 361)

कट्फलं पौष्करं शृङ्गी यमानी कारवी तथा।
कटुत्रयञ्च सर्वाणि समभागानि चूर्णयेत्।।
आर्द्रकस्वरसैर्लिह्यान्मधुना वातकफज्वरी।
कासश्वासारुचिच्छर्दिश्लेष्मानिलनिवृत्तये।।

1.	Kaṭphala	(Fr.)	1	part
2.	Puṣkaramūla (Puṣkara)	(Rt.)	1	part
3.	Śṛṅgī (Karkaṭaśṛṅgī)	(Gl.)	1	part
4.	Yamānī (Yavānī)	(Fr.)	1	part
5.	Kāravī (Kṛṣṇajīraka)	(Fr.)	1	part
6.	Śuṇṭhī	(Rz.)	1	Part
7.	Marica	(Fr.)	1	part
8.	Pippalī	(Fr.)	1	part
9.	Madhu		1	part
10.	Ārdraka svarasa	(Rz.)	1	part

Dose

500 mg to 1 g

Important Therapeutic Uses

Vāta Kapha Jvara (Fever due to Vāta doṣa and Kapha doṣa), Kāsa (Cough), Śvāsa (Dyspnoea/Asthma), Aruci (Tastelessness), Chardi (Emesis)

3 : 2 ĀRDRAKA KHAṆḌA AVALEHA

(Bhārata Bhaiṣajya Ratnākara, Prathama Bhāga: 406)

आर्द्रकं प्रस्थमेकं स्याद् गोघृतं कुडवद्वयम्।
गोदुग्धं प्रस्थयुगलं तदर्धा शर्करा मता।।
पिप्पली पिप्पलीमूलमरिचं विश्वभेषजम्।

चित्रकं च विडङ्गं च मुस्तकं नागकेसरम्।।

त्वगेला पत्रकर्चूरं प्रत्येकं पलमात्रकम्।
विधाय पाकं विधिवत्यादेदेतत्पलोन्मितम्।।

इदमार्द्रकखण्डाख्यं प्रातर्भुक्तं व्यपोहति।
शीतपित्तमुदर्दं च शीतमुत्कोठ एव च।।

यक्ष्माणं रक्तपित्तं च कासश्वासमरोचकम्।
वातगुल्ममुदावर्तं शोथकण्डूकृमीनपि।।

दीपयेदुदरे वह्निं बलवीर्यं विवर्धयेत्।
वपुः पुष्टं प्रकुरुते तस्मात्सेव्यमिदं सदा।।

1.	Ārdraka	(Rz.)	768	g
2.	Goghṛta		384	g
3.	Godugdha		1.536	l
4.	Śarkarā		768	g
	Prakṣepa Dravyas			
5.	Pippalī	(Fr.)	48	g
6.	Pippalīmūla (Pippalī)	(Rt.)	48	g
7.	Marica	(Fr.)	48	g
8.	Viśvabheṣaja (Śuṇṭhī)	(Rz.)	48	g
9.	Citraka	(Rt.)	48	g
10.	Viḍaṅga	(Fr.)	48	g
11.	Mustaka (Mustā)	(Rz.)	48	g
12.	Nāgakēśara	(Adr.)	48	g
13.	Tvak	(St. Bk.)	48	g
14.	Elā (Sūkṣmailā)	(Sd.)	48	g
15.	Patra (Tvakpatra)	(Lf.)	48	g
16.	Karcūra	(Rz.)	48	g

Dose

10g to 20 g

Important Therapeutic Uses

Śītapitta (Urticaria), Udarda (Urticaria), Koṭha (Urticaria), Rājayakṣmā (Tuberculosis), Raktapitta (Bleeding disorder), Kāsa (Cough), Śvāsa (Dyspnoea/Asthma), Aruci (Tastelessness), Vāta Gulma (Lump due to Vāta doṣa), Udāvarta (Condition in which threre is upward movement of vayu), Śotha (Inflammation), Kaṇḍū (Itching), Kṛmi Roga (Worm infestation)

3 : 3 ERAṆḌA PĀKA

(Yoga Ratnākara, Vātavyādhi Cikitsā: Page 468)

वातारिबीजप्रस्थं तु सपक्वं निस्तुषीकृतम्।
वीरद्रोणार्धसंयुक्तं भिषङ्मन्दाग्निना पचेत्।।

घृतप्रस्थार्धयुक्पक्वं खण्डप्रस्थद्वयं क्षिपेत्।
त्र्यूषणं सचतुर्जातं ग्रन्थिकं वह्निचव्यकम्।।

छत्रा मिशिः शटी बिल्वदीप्यौ जीरे निशायुगम्।
अश्वगन्धा बला पाठा हपुषा वेल्लपुष्करम्।।

श्वद्रंष्ट्रारुग्वरादारुवेल्लर्याभाऽऽलुकावरी।
एतानि पिचुमात्राणि चूर्णितानि विनिक्षिपेत्।।

वातव्याधींश्च शूलं च शोफं वृद्धिं तथोदरम्।

आनाहं बस्तिरुग्गुल्ममामवातं कटिग्रहम्।
ऊरुग्रहं हनुस्तम्भं नाशयेदपि योगतः।।

1.	Vātāribīja (Eraṇḍa)	(Sd.)	768	g
2.	Kṣīra (Godugdha)		6.144	l
3.	Ghṛta (Goghṛta)		384	g

4.	Khaṇḍa		1.532	kg
5.	Śuṇṭhī	(Rz.)	12	g
6.	Marica	(Fr.)	12	g
7.	Pippalī	(Fr.)	12	g
8.	Elā (Sūkṣmailā)	(Sd.)	12	g
9.	Tvak	(St. Bk)	12	g
10.	Patra (Tvakpatra)	(Lf.)	12	g
11.	Nāgakēśara	(Adr.)	12	g
12.	Granthika (Pippalī)	(Fr.)	12	g
13.	Vahni (Citraka)	(Rt.)	12	g
14.	Cavya	(St.)	12	g
15.	Chatrā (Dhānyakā)	(Fr.)	12	g
16.	Miśi (Miśrēyā)	(Fr.)	12	g
17.	Śaṭī	(Rz.)	12	g
18.	Bilva	(Rt.)	12	g
19.	Dīpyaka (Yavānī)	(Fr.)	12	g
20.	Śvetajīraka	(Fr.)	12	g
21.	Kṛṣṇajīraka	(Fr.)	12	g
22.	Haridrā	(Rz.)	12	g
23.	Dāruharidrā	(St.)	12	g
24.	Aśvagandhā	(Rt.)	12	g
25.	Balā	(Rt.)	12	g
26.	Pāṭhā	(Rt.)	12	g
27.	Hapuṣā	(Rt.)	12	g
28.	Vella (Viḍaṅga)	(Fr.)	12	g
29.	Puṣkara	(Rt.)	12	g
30.	Śvadaṃṣṭrā (Gokṣura)	(Fr.)	12	g
31.	Ruk (Kuṣṭha)	(Rt.)	12	g
32.	Harītakī	(Fr.P.)	12	g

33.	Bibhītaka	(Fr.P)	12	g
34.	Āmlaka (Āmalakī)	(Fr. P)	12	g
35.	Dāru (Devadāru)	(Ht.wd)	12	g
36.	Vellarī	(St.)	12	g
37.	Ābhā	(St.Bk.)	12	g
38.	Ālukā	(Sd.)	12	g
39.	Varī (Śatāvarī)	(Rt.)	12	g

Dose

5g to 15 g

Important Therapeutic Uses

Śūla (Colicky Pain), Śopha (Oedema), Ānāha (Distension of abdomen due to obstruction to passage of urine and stools), Bastirujā (Pain in urinary system), Gulma (Abdominal lump), Āmavāta (Rheumatism), Kaṭi Graha (Stiffness in lumbo-sacral region), Urograha (Stiffness and Tightness in the chest), Hanustambha (Lock jaw)

Note : Pulp of the Eraṇḍa seeds (without seed coat) mixed in milk may be cooked till a paste (Khoyā) is formed; this is fried in ghee and thereafter sugar and powders of other drugs are mixed properly.

3 : 4 KALYĀṆĀVALEHA

(Bhaiṣajyaratnāvalī, Svarabhedādhikāra: 27-29)

सहरिद्रा वचा कुष्ठं पिप्पली विश्वभेषजम्।
अजाजी चाजमोदा च यष्टीमधुकसैन्धवम्।।२७।।

एतानि समभागानि श्लक्ष्णचूर्णानि कारयेत्।
तच्चूर्णं सर्पिषाऽऽलोड्य प्रत्यहं भक्षयेन्नरः।।२८।।

एकविंशतिरात्रेण भवेच्छ्रुतिधरो नरः।
मेघदुन्दुभिनिर्घोषो मत्तकोकिलनिःस्वनः।।
जडगद्गदमूकत्वं लेहः कल्याणको जयेत्।।२९।।

1.	Haridrā	(Rz.)	1	part
2.	Vacā	(Rz.)	1	part
3.	Kuṣṭha	(Rt.)	1	part
4.	Pippalī	(Fr.)	1	part
5.	Viśvabheṣaja (Śuṇṭhī)	(Rz.)	1	part
6.	Ajājī (Śveta jīraka)	(Fr.)	1	part
7.	Ajamodā	(Fr.)	1	part
8.	Yaṣṭimadhuka (Yaṣṭī)	(Rt.)	1	part
9.	Saindhava		1	part
10.	Sarpi (Goghṛta)		1	Q.S.

Dose

1g to 2 g

Important Therapeutic Uses

Svarabheda (Hoarseness of voice), Mūkatā (Aphasia)

3 : 5 PŪGA KHAṆḌA (APARAḤ)

(Bhaiṣajyaratnāvalī, Śūlarogādhikāra : 200-207)

प्रस्थैकं पूगचूर्णस्य पयसश्चाढकं क्षिपेत्।
शर्करायाः पलशतं घृतस्य कुडवद्वयम्।।२००।।

चातुर्जातं त्रिकटुकं देवपुष्पं सचन्दनम्।
मांसी तालीशपत्रञ्च बीजं कमलसम्भवम्।।२०१।।

नीलोत्पलं तथा वांशी शृङ्गाटं जीरकं तथा।

विदारीकन्दजञ्चैव रजो गोक्षुरसम्भवम्।।२०२।।

शतमूलीरसश्चैव मालतीकुसुमं तथा।
धात्रीचूर्णं समं कर्षं कर्पूरं शक्तिमानतः।।२०३।।

मन्देऽग्नौ विपचेद् वैद्यः स्निग्धे भाण्डे निधापयेत्।
खादेच्च प्रातरुत्थाय कोलमेकं प्रमाणतः।।२०४।।

छर्द्यम्लपित्तहृद्दाहभ्रममूर्च्छापहं नृणाम्।
सर्वशूलहरं श्रेष्ठमामवातविनाशनम्।।२०५।।

मेहमेदोविकारघ्नं प्लीहपाण्डुगदापहम्।
अश्मरीं मूत्रकृच्छ्रञ्च गुदजं रुधिरं जयेत्।।२०६।।

रेतोवृद्धिकरं हृद्यं पुष्टिदं कामदं तथा ।
वन्ध्याऽपि लभते पुत्रं वृद्धोऽपि तरुणायते ।।
नातः परतरं श्रेष्ठं विद्यते वाजिकर्मसु ।।२०७।।

1.	Pūga	(Sd.)	768	g
2.	Payas (Godugdha)		3.073	l
3.	Śarkarā		4.800	kg
4.	Ghṛta (Goghṛta)		384	g
	Prakṣepa Dravyas			
5.	Tvak	(St. Bk.)	12	g
6.	Elā (Sūkṣmailā)	(Sd.)	12	g
7.	Patra (Tvakpatra)	(Lf.)	12	g
8.	Nāgakēśara	(Adr.)	12	g
9.	Śuṇṭhī	(Rz.)	12	g
10.	Marica	(Fr.)	12	g
11.	Pippalī	(Fr.)	12	g
12.	Devapuṣpa (Lavaṅga)	(Fl.)	12	g
13.	Candana (Śveta candana)	(Ht. Wd.)	12	g
14.	Māṃsī (Jaṭāmāṃsī)	(Rt. + Rz.)	12	g

15.	Tālīśapatra (Tālīsa)	(Lf.)	12	g
16.	Kamalabīja (Kamala)	(Sd.)	12	g
17.	Nīlotpala (Utpala)	(Fl.)	12	g
18.	Vaṃśī (Vaṃśa)	(S.C.)	12	g
19.	Śṛṅgāṭa (Śṛṅgāṭaka)	(Fr. P.)	12	g
20.	Jīraka (Śveta jīraka)	(Fr.)	12	g
21.	Vidārīkanda (Vidārī)	(Rt.)	12	g
22.	Gokṣura	(Sd.)	12	g
23.	Śatamūlī (Śatavarī) rasa	(Rt.)	12	g
24.	Mālatī kusuma (Jātī)	(Fl.)	12	g
25.	Dhātrī (Āmalakī)	(P.)	12	g
26.	Karpūra		24	g

Dose

5 g to 15 g

Important Therapeutic Uses

Amlapitta (Dyspepsia), Chardi (Emesis), Bhrama (Vertigo), Hṛdroga (Heart disease), Mūrcchā (Syncope), Śula, Āmavāta (Rheumatism), Meha (Excessive flow of urine), Medovikāra (Disordes of Fat), Plīhā Roga (Splenic disease), Pāṇḍu (Anaemia), Aśmarī (Calculus), Mūtrakṛcchra (Dysuria), Vandhyatva (Infertility), Raktārśa (Bleeding haemorrhoids)

Special Precaution

Note: Prakṣepa dravaya are to be mixed well and Karpūra is to be added when yoga is cool

3 : 6 VYĀGHRĪ HARĪTAKĪ

(Bhaiṣajyaratnāvalī, Kāsa Rogādhikāra : 43-46)

समूलपुष्पच्छदकण्टकार्यास्तुलां जलद्रोणपरिप्लुताञ्च।
हरीतकीनाञ्च शतं निदध्यादथात्र पक्त्वा चरणावशेषम्।।४३।।

गुडस्य दत्त्वा शतमेतदग्नौ विपक्वमुत्तार्य ततः सुशीते।
कटुत्रिकञ्च द्विपलप्रमाणं पलानि षट् पुष्परसस्य चात्र ।।४४।।

क्षिपेच्चतुर्जातपलं यथाग्नि प्रयुज्यमानो विधिनाऽवलेहः।
वातात्मकं पित्तकफोद्भवञ्च द्विदोषकासानपि च त्रिदोषम्।।४५।।

क्षयोद्भवञ्च क्षतजञ्च हन्यात्तत्पीनसं श्वासस्वरक्षयञ्च।
यक्ष्माणमेकादशमुग्ररूपं भृगूपदिष्टं हि रसायनं स्यात्।।४६।।

1.	Kaṇṭakārī	(Pl.)	4.800 kg
2.	Water for decoction		12.288 l
	reduced to		3.071 l
3.	Harītakī	(P.)	100 in number*
4.	Guḍa		4.800 kg
5.	Śuṇṭhī	(Rz.)	96 g
6.	Marica	(Fr.)	96 g
7.	Pippalī	(Fr.)	96 g
	Prakṣepa Dravyas		
8.	Tvak	(St. Bk.)	48 g
9.	Patra (Tvakpatra)	(Lf.)	48 g
10.	Elā (Sūkṣmailā)	(Sd.)	48 g
11.	Nāga (Nāgakeśara)	(Adr.)	48 g
12.	Puṣpa rasa (Madhu)		288 g

Dose

5g to 15 g

Important Therapeutic Uses

Kāsa (Cough), Pratiśyāya (Coryza), Śvāsa (Dyspnoea/Asthma), Svara Kṣaya (Aphasia), Pīnasa (Chronic rhinitis/sinusitis), Rājayakṣmā (Tuberculosis)

Note :1) Harītakī free from seed may be taken either in powder form or in the form of paste (kalka) after getting it steamed in the Dolāyantra. The remaining process will be followed without ghee, for the Avaleha.2) * One Harītakī is equivalent to 12 g.

3 : 7 ŚRI BĀHUŚĀLA GUḌA

(Bhaiṣajyaratnāvalī, Arśarogādhikāra: 47-57)

त्रिवृत्तेजोवती दन्ती श्वदंष्ट्रा चित्रकं शटी।
गवाक्षी मुस्तविश्वाह्वविडङ्गानि हरीतकी ।।४७।।

पलोन्मितानि चैतानि पलान्यष्टावरुष्करात्।
षट्पलं वृद्धदारस्य शूरणस्य च षोडश ।।४८।।

जलद्रोणद्वये क्वाथ्यं चतुर्भागावशेषितम्।
पूतन्तु तं रसं भूयः क्वाथ्येभ्यस्त्रिगुणो गुडः ।।४९।।

लेहं पचेत्तु तं तावद्यावद्दर्वीप्रलेपनम्।
अवतार्य ततः पश्चाच्चूर्णानीमानि दापयेत्।।५०।।

त्रिवृत्तेजोवतीकन्दचित्रकान् द्विपलांशकान्।
एलात्वङ्मरिचञ्चापि गजाह्वां चापि षट्पलाम्।।५१।।

द्वात्रिंशत्पलमेवात्र चूर्णं दत्त्वा निधापयेत्।
ततो मात्रां प्रयुञ्जीत जीर्णे क्षीररसाशनः ।।५२।।

पञ्चगुल्मान् प्रमेहांश्च पाण्डुरोगं हलीमकम्।
जयेदर्शांसि सर्वाणि तथा सर्वोदराणि च ।।५३।।

दीपयेद् ग्रहणीं मन्दां यक्ष्माणमपकर्षति।
पीनसे च प्रतिश्याये चाढ्यवाते तथैव च ।।५४।।

अयं सर्वगदेष्वेव कल्याणो लेह उत्तमः।
दुर्नामारिरयञ्चाशु दृष्टो वारसहस्रशः ।। ५५।।

भवन्त्येनं प्रयुञ्जानाः शतवर्षं निरामयाः।
आयुषो दैर्घ्यजननो वलीपलितनाशनः ।।५६।।

रसायनवरश्चैव मेधाजनन उत्तमः।
गुडः श्रीबाहुशालोऽयं दुर्नामारिः प्रकीर्त्तितः ।।५७।।

1.	Trivṛt	(Rt.)	48	g
2.	Tejovatī	(St. Bk.)	48	g
3.	Dantī	(Rt.)	48	g
4.	Śvadaṃṣṭrā (Gokṣura)	(Fr.)	48	g
5.	Citraka	(Rt.)	48	g
6.	Śaṭī	(Rz.)	48	g
7.	Gavākṣī	(Rt.)	48	g
8.	Musta (Mustā)	(Rz.)	48	g
9.	Viśvāhva (Śuṇṭhī)	(Rz.)	48	g
10.	Viḍaṅga	(Fr.)	48	g
11.	Harītakī	(P.)	48	g
12.	Aruṣkara (śuddha Bhallātaka)	(Fr.)	384	g
13.	Vṛddhadāra (Vṛddhadāruka)	(St.)	288	g
14.	Sūraṇa (śuddha)	(Rz.)	768	g
15.	Water		24.576	l
	reduced to		6.144	l
16.	Guḍa		18.432	kg
	Prakṣepa Dravyas			
17.	Trivṛt	(Rt.)	96	g
18.	Tejovatī	(St.Bk.)	96	g
19.	Kanda (Sūraṇa) Śuddha	(Rz.)	96	g
20.	Citraka	(Rt.)	96	g
21.	Elā (Sūkṣmailā)	(Sd.)	288	g
22.	Tvak	(St.Bk.)	288	g

23.	Marica	(Fr.)	288	g
24.	Gajāhvā (Gajapippalī)	(Fr.)	288	g

Dose

5g to 15 g

Anupāna

Kṣīra

Important Therapeutic Uses

Arśa (Haemorrhoids), Gulma (Abdominal lump), Prameha (Urinary disorders), Pāṇḍu (Anaemia), Halīmaka (Chronic obstructive Jaundice/Chlorosis/Advanced stage of Jaundice), Udararoga (Ascites), Pīnasa (Chronic rhinitis/sinusitis), Pratiśyāya (Coryza), Āḍhyavāta (Gout)

4. KVĀTHA CŪRṆA

Definition

Certain drugs or combination of drugs are made into coarse powder (Yavakūṭa) and kept for preparation of Kaṣāya. Such powders are called Kvātha Cūrna.

Method of preparation

Drugs are cleaned and dried. They are coarsely powdered (Yavakūṭa), weighed as per formula, and then mixed well.

Characteristics and preservation

Kvātha Cūrṇas retain potency for one year (1) and should be kept in an air tight container. They are also called Śṛta, Niryūha and Kaṣāya. Kvātha Cūrṇa can be used for preparing Kaṣāya, Hima, Phāṇṭa, etc.

Note:

1. Kvātha Cūrṇas retain potency for one year is according to Śārṅgadharasaṃhitā, Prathamakhaṇḍa, Adhyāya 1; sloka 51-53, with commentary of Aḍhamalla.

4 : 1 AṄGAMARDAPRAŚAMANA KAṢĀYA CŪRṆA

(Caraka Saṃhitā, Sūtrasthāna; Adhyāya; 4: 44)

विदारीगन्धापृश्निपर्णीबृहतीकण्टकारिकैरण्ड-
काकोलीचन्दनोशीरैलामधुकानीति
दशेमान्यङ्गमर्दप्रशमनानि भवन्ति ।।४४।।

1.	Vidārī gandhā (Śāliparṇī)	(Pl.)	1	part
2.	Pṛśniparṇī	(Rt.)	1	part
3.	Bṛhatī	(Rt.)	1	part
4.	Kaṇṭakārī	(Rt.)	1	part
5.	Eraṇḍa	(Rt.)	1	part

6.	Kākolī	(Sub.Rt.)	1	part
7.	Candana (Śveta candana)	(Ht.Wd.)	1	part
8.	Uśīra	(Rt.)	1	part
9.	Elā (Sūkṣmailā)	(Sd.)	1	part
10.	Madhuka (Yaṣṭī)	(Rt.)	1	part

Dose

48 g in divided doses in a day

Important Therapeutic Uses

Aṅgamarda (Body ache)

4 : 2 ARKĀDI KVĀTHA CŪRṆA

(Vaidya Jīvanam, Jvara Cikitsā: 42)

अर्कानन्ताकिरातामरतरुरसनासिन्दुवारोग्रगन्धा-
तर्कारीशिग्रुपञ्चोषणघुणदयितामार्कवाणां कषायः।
सद्यस्तीव्रांस्त्रिदोषानपहरति धनुर्मारुतं दन्तबन्धं
शैत्यं गात्रे च गाढं श्वसनकसनकं सूतिकावातरोगान्।।४२।।

1.	Arka	(Rt.)	1	part
2.	Anantā (Śvētasārivā)	(Rt.)	1	part
3.	Kirāta (Kirātatikta)	(Pl.)	1	part
4.	Amaradāru (Devadāru)	(Ht.Wd.)	1	part
5.	Rasanā (Rāsnā)	(Rt.)	1	part
6.	Sinduvāra (Nirguṇḍī)	(Lf.)	1	part
7.	Ugragandhā (Vacā)	(Rz.)	1	part
8.	Tarkāri (Kaṇṭakārī)	(Rt.)	1	part
9.	Śigru	(St.Bk.)	1	part

10.	Pippalī	(Fr.)	1	part
11.	Pippalīmūla (Pippalī)	(Rt.)	1	part
12.	Cavya	(St.)	1	part
13.	Citraka	(Rt.)	1	part
14.	Śuṇṭhī	(Rz.)	1	part
15.	Ghuṇadayita (Ativiṣā)	(Rt.)	1	part
16.	Mārkava (Bhṛṅgarāja)	(Pl.)	1	part

Dose

10g to 20 g

Important Therapeutic Uses

Dhanurvāta (Tetanus / Plenosthotonus), Dantabandha (Lock jaw), Gātra Śaitya (Cold calm extremities), Śvāsa (Dyspnoea/Asthma), Kāsa (Cough), Sūtikā Roga (Puerperal disease), Vātaroga (Disease due to Vāta doṣa)

4 : 3 AŚMARĪHARA KAṢĀYA CŪRṆA

(Siddhayoga Saṅgraha, Aśmarīmūtrakṛcchrādhikāra: 42)

1.	Pāṣāṇabheda	(Rt.)	1	part
2.	Sāgauna (Śāka)	(Sd.)	1	part
3.	Papitā (Eraṇḍa karkaṭī)	(Rt.)	1	part
4.	Śatavara (Śatavarī)	(Rt.)	1	part
5.	Gokharū (Gokṣura)	(Fr.)	1	part
6.	Baruṇa (Varuṇa)	(St.Bk.)	1	part
7.	Kuśa	(Rt.)	1	part
8.	Rājāvarta	(Rt.)	1	part
9.	Śalī	(Rt.)	1	part
10.	Punarnavā (Śveta Punarnavā)	(Rt.)	1	part

11.	Giloya (Guḍūcī)	(St.)	1	part
12.	Ciraciḍā (Apāmārga)	(Rt.)	1	part
13.	Khīrā (Trapusa)	(Sd.)	1	part
14.	Jaṭāmāṃsī	(Rt.)	1	part
15.	Khurasāni Ajavāyana (Pārasīka Yavānī)	(Sd. /Lf)	1part	

Dose

Dose :48 g in divided doses in a day

Anupāna

Note: Śilājatu is to be taken in the quantity of 625 mg to 1.250 g

OR Kṣāra Parpaṭī or Yavakṣāra is to be taken in the quantity of 1.250 g

Important Therapeutic Uses

Aśmarī (Calculus), Śarkarāmeha (Crystalluria), Vṛkkaśūla (Kidney Pain)

4 : 4 KUṬAJĀṢṬAKA KVĀTHA CŪRṆA

(Yogaratnākara, Atisāracikitsā: Page 227)

कुटजातिविषामुस्तं बालकं लोध्रचन्दनम्।
धातकी दाडिमं पाठा क्वाथं क्षौद्रयुतं पिबेत् ।।३।।

दाहे रक्ते सशूले च आमरोगे च दुस्तरे।
कुटजाष्टमिदं ख्यातं सर्वातिसारनाशम्।।४।।

1.	Kuṭaja	(St.Bk.)	1	part
2.	Ativiṣā	(Rt.)	1	part
3.	Mustā	(Rz.)	1	part

4.	Bālaka (Hrīvera)	(Rt.)	1	part
5.	Lodhra	(St.Bk.)	1	part
6.	Candana (Śveta candana)	(Ht.Wd.)	1	part
7.	Dhātakī	(Fl.)	1	part
8.	Dāḍima	(Fr.)	1	part
9.	Pāṭhā	(Rt.)	1	part

Dose

48 g in divided doses in a day.

Anupāna

Madhu

Important Therapeutic Uses

Dāha (Burning sensation), Raktātīsāra (Diarrhoea with Bleeding), Śūla (Colicky Pain), Āmadoṣa (Products of impaired digestion and metabolism / consequences of Āma), Sarvātisāra (All types of diarrhoea)

4 : 5 KṚMIGHNA KAṢĀYA CŪRṆA

(Caraka Saṃhitā, Sūtrasthāna, Adhyāya; 4 : 15)

अक्षीवमरिचगण्डीरकेबुकविडङ्गनिर्गुण्डीकिणिही-
श्वदंष्ट्रावृषपर्णिकाखुपर्णिका इति दशेमानि
कृमिघ्नानि भवन्ति ।।१५।।

1.	Akṣīva (Śigru)	(Sd.)	1	part
2.	Marica	(Fr.)	1	part
3.	Gaṇḍīra (Khadira)	(Rt.)	1	part
4.	Kebuka	(Rz.)	1	part
5.	Viḍaṅga	(Fr.)	1	part

6.	Nirguṇḍī	(Rt.)	1	part
7.	Kiṇihī (Śveta Śirīṣa)	(St. Bk.)	1	part
8.	Śvadaṃṣṭrā (Gokṣura)	(Fr.)	1	part
9.	Vṛṣaparṇika (Vāsā)	(Pl.)	1	part
10.	Ākhuparṇika	(Pl.)	1	part

Dose

48 g in divided doses

Important Therapeutic Uses

Kṛmi Roga (Worm infestation)

4 : 6 GUḌŪCYĀDI GAṆA KVĀTHA CŪRṆA

(Śārṅgadharasaṃhitā, Madhyamakhaṇḍa, Adhyāya 2: 8 1/2)

गुडूचीधान्यकारिष्टरक्तचन्दनपद्मकैः।
गुडूच्यादिगणक्वाथः सर्वज्वरहरः स्मृतः ।।८।।
दीपनो दाहहृल्लासतृष्णाच्छर्द्यरुचीर्जयेत्।

1.	Guḍūcī	(St.)	1	part
2.	Dhānyaka	(Fr.)	1	part
3.	Ariṣṭa (Nimba)	(St.Bk.)	1	part
4.	Raktacandana	(Ht.Wd.)	1	part
5.	Padmaka	(St.)	1	part

Dose

48 g in divided doses in a day

Important Therapeutic Uses

Sarva Jvara (All types of fevers), Dāha (Burning sensation), Hṛllāsa (Nausea), Tṛṣṇā

(Thirst), Chardi (Emesis), Aruci (Tastelessness)

4 : 7 GOJIHVĀDI KVĀTHA CŪRṆA

(Siddhayogasaṅgraha, Jvarādhikāra)

1.	Go-Javāna (Gojihvā)	(Pl.)	1	part
2.	Mulethī (Yaṣṭī)	(Rt.)	1	part
3.	Saupha (Miśrēyā)	(Fr.)	1	part
4.	Munakkā (Drākṣā)	(Dr.Fr.)	1	part
5.	Añjīra (Phalgu)	(Dr.Fr.)	1	part
6.	Unnāva	(Fr.)	1	part
7.	Adūsā (Vāsā)	(Rt.)	1	part
8.	Jūphā	(Fr.)	1	part
9.	Sapistāna (Śleṣmātaka)	(Fr.)	1	part
10.	Khūbakalān	(Sd.)	1	part
11.	Haṃsarāja (Haṃsapadī)	(Pl.)	1	part
12.	Gulavanaphśā	(Fl.)	1	part
13.	Alsi (Atasī)	(Sd.)	1	part
14.	Khatami	(Rt.)	1	part
15.	Bhatakaṭaiyā (Kaṇṭakārī)	(Rt.)	1	part
16.	Kālimirca (Marica)	(Fr.)	1	part

Dose

10 g to 20 g

Pathya, Apathya

Madhu, Miśrī

Important Therapeutic Uses

Pratiśyāya (Coryza), Śleṣmajvara (Fever due to Kapha doṣa), Kāsa (Cough), Śvāsa

(Dyspnoea/Asthma)

Method of Preparation:

This decoction powder should be boiled in 10 times of water and reduced to one fourth.

4 : 8 TṚṆAPAÑCAMŪLA KVĀTHA CŪRṆA

(Bhaiṣajyaratnāvalī, Mūtrakṛcchrarogādhikāra : 10)

कुशः काशः शरो दर्भ इक्षुश्चेति तृणोद्भवम्।
पित्तकृच्छ्रहरं पञ्चमूलं वस्तिविशोधनम्।।१०।।

1.	Kuśa	(Rt.)	1	part
2.	Kāśa	(Rt.)	1	part
3.	Śara	(Rt.)	1	part
4.	Darbha	(Rt.)	1	part
5.	Ikṣu	(Rt.)	1	part

Dose

10g to 50 g

Important Therapeutic Uses

Mūtrakṛcchra (Dysuria)

4 : 9 TRIPHALĀ KVĀTHA CŪRṆA (ŚOTHAROGA)

(Bhaiṣajyaratnāvalī, Śotharogādhikāra : 64)

फलत्रिकोद्भवं क्वाथं गोमूत्रेणैव साधितम्।
वातश्लेष्मोद्भवं शोथं हन्याद् वृषणसम्भवम्।।६४।।

1.	Harītakī	(P.)	1	part
2.	Bibhītaka	(P.)	1	part
3.	Āmalakī	(P.)	1	part

Dose

10g to 50 g

Important Therapeutic Uses

Vātaśleṣmaja Vṛṣaṇaśotha (Inflammatory swelling/ ulceration of scrotum due to Vāta Kapha doṣa)

Note : Boiled with fresh urine of cow instead of water and consumed same day.

4 : 10 TRIPHALĀ KAṢĀYA CŪRṆA

(Bhārata Bhaiṣajya Ratnākara, Kaṣāya Prakaraṇa)

त्रिफलायाः कषायस्तु धावनान्नेत्ररोगजित्।
कवलान्मुखरोगघ्नाः पानतः कामलापहः।।

1.	Harītakī	(P.)	1	part
2.	Bibhītaka	(P.)	1	part
3.	Āmalakī	(P.)	1	part

Dose

10g to 50 g

Important Therapeutic Uses

Netraroga (Dhāvanārtha) (Eye disorder (for cleansing)), Mukha Roga (Kavala)

(Disease of mouth), Kāmalā (Jaundice)

4 : 11 DĀRVYĀDI KVĀTHA CŪRṆA

(Bhaiṣajyaratnāvalī, Strīrogādhikāra : 4)

दार्वीरसाञ्जनवृषाब्दकिराततबिल्वभल्लातकैरवकृतो मधुना कषायः।
पीतो जयत्यतिबलं प्रदरं सशूलं पीतासितारुणविलोहितनीलशुक्लम्।।४।।

1.	Dārvī (Dāruharidrā)	(St.)	1	part
2.	Rasāñjana (Dāruharidrā)	(Exd.)	1	part
3.	Vṛṣa (Vāsā)	(Rt.)	1	part
4.	Abda (Mustā)	(Rz.)	1	part
5.	Kirāta (Kirātatikta)	(Pl.)	1	part
6.	Bilva	(Fr.P.)	1	part
7.	Bhallāta (Śuddha)	(Fr.)	1	part
8.	Kairava (Kumuda)	(Fl.)	1	part

Dose

48 g in divided doses

Important Therapeutic Uses

Pradara (Excessive vaginal discharge)

Note :1.It should not be given to the patients who are allergic to Bhallātaka (pitta-prakṛti) and in place of the drug, Raktacandana should be used for this preparation. 2.It should not be used in summer season. 3.Before taking this medicine the mucous membrane of the mouth should be smeared with ghee.

4 : 12 DEVADĀRVĀDI KVĀTHA CŪRṆA

(Bhaiṣajyaratnāvalī, Strīrogādhikāra : 380-384)

देवदारु वचा कुष्ठं पिप्पली विश्वभेषजम्।
भूनिम्बकट्फलं मुस्तं तिक्ता धान्यहरीतकी ।। ३८० ।।

गजकृष्णा सदुःस्पर्शा गोक्षुरो धन्वयासकः।
बृहत्यतिविषा छिन्ना कर्कटः कृष्णजीरकः ।। ३८ ।।

समभागान्वितैरेतैः सिन्धुरामठसंयुतम्।
क्वाथमष्टावशेषन्तु प्रसूतां पाययेत्स्त्रियम्।।३८२।।

शूलकासज्वरश्वासमूर्च्छाकम्पशिरोऽर्तिभिः।
युक्तं प्रलापतृड्दाहतन्द्रातीसारवान्तिभिः।।३८३।।

निहन्ति सूतिकारोगं वातपित्तकफोद्भवम्।
कषायो देवदार्वादिः सूतायाः परमौषधम्।।३८३।।

1.	Devadāru	(Ht.Wd.)	1	part
2.	Vacā	(Rz.)	1	part
3.	Kuṣṭha	(Rt.)	1	part
4.	Pippalī	(Fr.)	1	part
5.	Viśvabheṣaja (Śuṇṭhī)	(Rz.)	1	part
6.	Bhūnimba (Kirātatikta)	(Pl.)	1	part
7.	Kaṭphala	(Fr.)	1	part
8.	Musta (Mustā)	(Rz.)	1	part
9.	Tiktā (Kaṭukā)	(Rz.)	1	part
10.	Dhānya (Dhānyaka)	(Fr.)	1	part
11.	Harītakī	(P.)	1	part
12.	Gajakṛṣṇā (Gajapippalī)	(Fr.)	1	part
13.	Dusparśa (Kaṇṭakārī)	(Rt.)	1	part

14.	Gokṣura	(Fr.)	1	part
15.	Dhanvayāsa	(Rt.)	1	part
16.	Bṛhatī	(Rt.)	1	part
17.	Ativiṣā	(Rt.)	1	part
18.	Guḍūcī	(St.)	1	part
19.	Karkataśṛṅgī	(Gl.)	1	part
20.	Kṛṣṇajīraka	(Fr.)	1	part

Dose

48 g in divided doses

Important Therapeutic Uses

Śūla (Colicky Pain), Kāsa (Cough), Jvara (Fever), Śvāsa (Dyspnoea/Asthma), M ūrcchā Kampa (Tremors due to syncope), Śirorujā (Headache), Pralāpa (Delirious speech), Dāha (Burning sensation), Atīsāra (Diarrhoea), Chardi (Emesis), Śūtikāroga (Post Partum disease)

Note:Take equal quantity of ingredients from No. 1 to 20. Then, add 16 times of water for decoction. Boil and reduce it to 1/8 of the content of water. Add hiṅgu and saindhava lavaṇa as required for use.

4 : 13 DHĀNYAPAÑCAKA KVĀTHA CŪRṆA

(Bhaiṣajyaratnāvalī, Atisārarogādhikāra: 12)

धान्यकं नागरं मुस्तं बालकं बिल्वमेव च।
आमशूलातिसारघ्नं पाचनं वह्निदीपनम्।।
इदं धान्यचतुष्कं स्यात् पैत्ते शुण्ठीं विना पुनः।।१२।।

1.	Dhānyaka	(Fr.)	1	part
2.	Nāgara (Śuṇṭhī)	(Rz.)	1	part
3.	Musta (Mustā)	(Rz.)	1	part
4.	Bālaka (Hrīvera)	(Rt.)	1	part
5.	Bilva	(Fr.P.)	1	part

Dose

48 g in divided doses

Important Therapeutic Uses

Āmaśūla (Colicky Pain due to Āma), Āmātīsāra (Diarrhoea due to indigestion/ Āma), Aruci (Tastelessness)

4 : 14 NIMBĀDI KVĀTHA CŪRṆA

(Bhaiṣajyaratnāvalī, Masūrikārogādhikāra: 35-36)

निम्बं पर्पटकं पाठां पटोलं कटुरोहिणीम्।
वामां दुरालभां धात्रीमुशीरं चन्दनद्वयम्।।३५।।

एष निम्बादिकः ख्यातः पीतः शर्करयान्वितः।
हन्ति त्रिदोषमसूरीं ज्वरवीसर्पसम्भवाम्।।
उत्थिता प्रविशेद् तु पुनस्तां बाह्यतो नयेत्।।३६।।

1.	Nimba	(St.Bk.)	1	part
2.	Parpaṭaka (Parpaṭa)	(Pl.)	1	part
3.	Pāṭhā	(Rt.)	1	part
4.	Paṭola	(Lf.)	1	part
5.	Kaṭurohiṇī (Kaṭukā)	(Rz.)	1	part
6.	Vāsā	(Rt.)	1	part
7.	Durālabhā (Dhanvayāsa)	(Pl.)	1	part

8.	Dhātrī (Āmalakī)	(Fr.P.)	1	part
9.	Uśīra	(Rt.)	1	part
10.	Śvetacandana	(Ht.Wd.)	1	part
11.	Raktacandana	(Ht.Wd.)	1	part

Dose

48 g in divided doses

Anupāna

Śarkarā

Important Therapeutic Uses

Masūrikājvara (Eruptive fever), Viṣarpa (Erysipelas)

4 : 15 PATHYĀDI KVĀTHA (ṢAḌAṄGA) CŪRṆA

(Śārṅgadharasaṃhitā, Madhyamakhaṇḍa Adhyāya 2: 143-145)

पथ्याक्षधात्रीभूनिम्बनिशानिम्बामृतायुतैः।।१४३।।
कृतः क्वाथः षडङ्गोऽयं सगुडः शीर्षशूलहृत्।
भ्रूशङ्खकर्णशूलानि तथार्धशिरसो रुजम्।।१४४।।
सूर्यावर्तं शङ्खकं च दन्तपातं च तद्रुजम्।
नक्तान्ध्यं पटलं शुक्रं चक्षुःपीडां व्यपोहति ।।१४५।।

1.	Pathyā (Harītakī)	(P.)	1	part
2.	Akṣa (Bibhītaka)	(P.)	1	part
3.	Dhātrī (Āmalakī)	(P.)	1	part
4.	Bhūnimba (Kirātatikta)	(Pl.)	1	part
5.	Niśā (Haridrā)	(Rz.)	1	part
6.	Nimba	(St.Bk.)	1	part
7.	Amṛtā (Guḍūcī)	(St.)	1	part

Dose

48 g in divided doses

Anupāna

Guḍa

Important Therapeutic Uses

Śiroroga (Disease of head), Bhrū-Śaṅkha-Karṇaśūla (Trigeminal neuralgia), Ardhāvabhedaka (Migraine), Sūryāvarta (Sinusitis), Dantapīḍā (Pain in Teeth), Naktāndhya (Night blindness)

4 : 16 PHALATRIKĀDI KVĀTHA CŪRṆA

(Cakradatta, Amlapittacikitsā : 12)

फलत्रिकं पटोलञ्च तिक्ताक्वाथः सितायुतः।
पीतः क्लीतकमध्वाक्तो ज्वरच्छर्द्यम्लपित्तजित्।।१२।।

1.	Harītakī	(P.)	1	part
2.	Bibhītaka	(P.)	1	part
3.	Āmalakī	(P.)	1	part
4.	Paṭola	(Pl.)	1	Part
5.	Tiktā (Kaṭukā)	(Rz.)	1	part

Dose

48 g

Anupāna

Śīta 2 g, Madhu 1 g, Madhuyaṣṭī 1/2 g

Important Therapeutic Uses

Jvara (Fever), Chardi (Emesis), Amlapitta (Dyspepsia)

4 : 17 MĀṢABALĀDI KVĀTHA CŪRṆA

(Bhaiṣajyaratnāvalī, Vātavyādhyādhikāra : 62-63)

माषबलाशूकशिम्बीकत्तृणरास्नाश्वगन्धोरुबूकाणाम्।
क्वाथो नस्यनिपीतो रामठलवणान्वितः कोष्णः ।।६२।।
अपहरति पक्षाघातं मन्यास्तम्भं सकर्णनादरुजम्।
दुर्जयमर्दितवातं सप्ताहाज्जयति चावश्यम्।।६३।।

1.	Māṣa	(Sd.)		1	part
2.	Balā	(Rt.)	1	part	
3.	Śūkaśimbī (Ātmaguptā)	(Sd.)		1	part
4.	Kattṛṇa	(Pl.)		1	part
5.	Rāsnā	(Pl.)	1	part	
6.	Aśvagandhā	(Rt.)	1	part	
7.	Urubūka (Eraṇḍa)	(Rt.)	1	part	

Dose

48 g in divided doses

Important Therapeutic Uses

Pakṣāghāta (Paralysis/Hemiplegia), Manyā Stambha (Neck rigidity/Torticollis), Karṇanāda (Tinnitus), Karṇarujā (Otalgia), Arditavāta (Facial palsy)

Note:Add Rāmaṭha (hiṅgu) and lavaṇa as required in the prepared decoction.

4 : 18 MŪTRAVIRECANĪYA KAṢAYA CŪRṆA

(Carakasaṃhitā, Sūtrasthāna; Adhyāya 4: 35)

वृक्षादनीश्वदंष्ट्रावसुकवशिरपाषाणभेददर्भकुशकाश-
गुन्द्रेत्कटमूलानीति दशेमानि मूत्रविरेचनीयानि भवन्ति।।३५।।

1.	Vṛkṣādanī (Vandā)	(Rt.)	1	part
2.	Śvadaṃṣṭrā (Gokṣura)	(Fr.)	1	part
3.	Vasuka	(Rt.)	1	part
4.	Vaśira (Apāmārga)	(Rt.)	1	part
5.	Pāṣāṇabheda	(Rt.)	1	part
6.	Darbha	(Rt.)	1	part
7.	Kuśa	(Rt.)	1	part
8.	Kāśa	(Rt.)	1	part
9.	Gundrā		1	part
10.	Itkaṭa		1	part

Dose

48 g in divided doses

Important Therapeutic Uses

Mūtravirecanārtha (Diuresis), Mūtrakṛcchra (Dysuria)

4 : 19 MŪTRASAṄGRAHAṆĪYA KAṢĀYA CŪRṆA

(Carakasaṃhitā, Sūtrasthāna; Adhyāya 4: 33)

जम्ब्वाम्रप्लक्षवटकपीतनोदुम्बराश्वत्थभल्लातका-
श्मन्तकसोमवल्का इति दशेमानि मूत्रसङ्ग्रहणी-
यानि भवन्ति।।३३।।

1.	Jambū	(St.Bk.)	1	part

2.	Āmra	(St.Bk.)	1	part
3.	Plakṣa	(St.Bk.)	1	part
4.	Vaṭa (Nyagrodha)	(St.Bk.)	1	part
5.	Kapītana (Āmrātaka)	(St.Bk.)	1	part
6.	Udumbara	(St.Bk.)	1	part
7.	Aśvattha	(St.Bk.)	1	part
8.	Bhallāta (Śuddha)	(Fr.)	1	part
9.	Aśmantaka (Kāñcanāra)	(St.Bk.)	1	part
10.	Somavalka (Khadira)	(Ht.Wd.)	1	part

Dose

48 g in divided doses

Important Therapeutic Uses

Bahumūtra (Polyuria), Prameha (Urinary disorders)

4 : 20 RĀSNĀSAPTAKA KVĀTHA CŪRṆA

(Bhaiṣajyaratnāvalī, Āmavātādhikāra : 9)

रास्नामृतारग्वधदेवदारुत्रिकण्टकैरण्डपुनर्नवानाम् ।
क्वाथं पिबेन्नागरचूर्णमिश्रं जङ्घोरुपार्श्वत्रिकपृष्ठशूली ।।९।।

1.	Rāsnā	(Rt.)	1	part
2.	Amṛtā (Guḍūcī)	(St.)	1	part
3.	Āragvadha	(Fr.P.)	1	part
4.	Devadāru	(Ht.Wd.)	1	part
5.	Trikaṇṭaka (Gokṣura)	(Fr.)	1	part
6.	Eraṇḍa	(Rt.)	1	part
7.	Punarnavā (Rakta Punarnavā)	(Rt.)	1	part

Dose

10g to 50 g

Anupāna

Prakṣepa dravya: Śuṇṭhī cūrṇa

Important Therapeutic Uses

Jaṅghāśūla (Pain in calves), Ūruśūla (Pain in thighs), Pārśva Śūla (Intercostal neuralgia and pleurodynia), Trika Śūla (Pain in sacral region), Pṛṣṭha Śūla (Backache)

4 : 21 VATSAKĀDI KVĀTHA CŪRṆA

(Cakradatta, Atisāracikitsā : 63)

सवत्सकः सातिविषः सबिल्वः सोदीच्यमुस्तैश्च कृतः कषायः।
सामे सशूले सह शोणिते च चिरप्रवृत्तेऽपि हितोऽतिसारे ।।६३।।

1.	Vatsaka (Kuṭaja)	(St.Bk.)	1	part
2.	Ativiṣā	(Rt.)	1	part
3.	Bilva	(Fr.P.)	1	part
4.	Udīcya (Hrīvera)	(Rt.)	1	part
5.	Musta (Mustā)	(Rz.)	1	part

Dose

48 g in divided doses

Important Therapeutic Uses

Atīsāra (Diarrhoea)

4 : 22 VARUṆĀDI KVĀTHA CŪRṆA

(Cakradatta, Aśmarīcikitsā : 29)

वरुणत्वक्शिलाभेदशुण्ठीगोक्षुरकैः कृतः।
कषायः क्षारसंयुक्तः शर्कराञ्च भिनत्त्यपि ।।२९।।

1.	Varuṇa tvak	(St.Bk.)	1	part
2.	Śilā (Pāṣāṇabheda)	(Rt.)	1	part
3.	Śuṇṭhī	(Rz.)	1	part
4.	Gokṣura	(Fr.)	1	part

Dose

48 g

Important Therapeutic Uses

Aśmarī (Calculus)

Prakṣepa Dravya: Yavakṣāra (Q.S)

4 : 23 ŚVĀSAHARA KAṢĀYA CŪRṆA

(Carakasaṃhitā, Sūtrasthāna; Adhyāya 4: 37)

शटीपुष्करमूलाम्लवेतसैलाहिङ्ग्वगुरुसुरसातामलकी
जीवन्तीचण्डा इति दशेमानि श्वासहराणि भवन्ति ।। ३७।।

1.	Śaṭī	(Rz.)	1	part
2.	Puṣkaramūla (Puṣkara)	(Rt.)	1	part
3.	Amlavetasa	(Fr.)	1	part
4.	Elā (Sūkṣmailā)	(Sd.)	1	part
5.	Hiṅgu (śuddha)	(Exd.)	1	part

6.	Aguru (Agaru)	(Ht.Wd.)	1	part
7.	Surasā (Tulasī)	(Lf.)	1	part
8.	Tāmalakī	(Pl.)	1	part
9.	Jīvantī	(Rt.)	1	part
10.	Caṇḍā	(Rt.)	1	part

Dose

40 g in divided doses

Important Therapeutic Uses

Śvāsa (Dyspnoea/Asthma)

Note : Ingredient No.5 is to be mixed with the prepared decoction at the end.

4 : 24 STANYAJANANA KAṢĀYA CŪRṆA

(Carakasaṃhitā, Sūtrasthāna Adhyāya 4: 17)

वीरणशालिषष्टिकेक्षुवालिकादर्भकुशकाशगुन्द्रेत्कटकत्तृणमूलानीति दशेमानि स्तन्यजननानि भवन्ति ।।१७।।

1.	Vīraṇa (Uśīra)	(Rt.)	1	part
2.	Śaṭī	(Rt.)	1	part
3.	Ṣaṣṭikā (Śāli)	(Rt.)	1	part
4.	Ikṣuvālikā (Kokilākṣa)	(Rt.)	1	part
5.	Darbha	(Rt.)	1	part
6.	Kuśa	(Rt.)	1	part
7.	Kāśa	(Rt.)	1	part
8.	Gundrā	(Rt.)	1	part

9.	Itkaṭa	(Rt.)	1	part
10.	Kattṛṇa	(Rt.)	1	part

Dose

48 g in divided doses

Important Therapeutic Uses

Stanya Kṣaya (Decrease in breast milk)

4 : 25 STANYAŚODHANA KAṢĀYA CŪRṆA

(Carakasaṃhitā, Sūtrasthāna; Adhyāya 4: 18)

पाठामहौषधसुरदारुमुस्तमूर्वागुडूचीवत्सकफलकिराततिक्तक-
कटुरोहिणीसारिवा इति दशेमानि स्तन्यशोधनानि भवन्ति ।।१८।।

1.	Pāṭhā	(Rt.)	1	part
2.	Mahauṣadha (Śuṇṭhī)	(Rz.)	1	part
3.	Suradāru (Devadāru)	(Ht.Wd.)	1	part
4.	Mustā	(Rz.)	1	part
5.	Mūrvā	(Rt.)	1	part
6.	Guḍūcī	(St.)	1	part
7.	Vatsakaphala (Kuṭaja)	(Sd.)	1	part
8.	Kirātatikta	(Pl.)	1	part
9.	Kaṭurohiṇī (Kaṭukā)	(Rz.)	1	part
10.	Sāriva (Śveta Sārivā)	(Rt.)	1	part

Dose

48 g in divided doses

Important Therapeutic Uses

Stanya Duṣṭi (Vitiation of breast milk)

5. GUGGULU

Definition

Guggulu is an exudate (Niryāsa) obtained from the plant *Commiphora mukul* Preparations having the exudate as main effective ingredient are known as Guggulu. There are five different varieties of Guggulu described in the texts. However, two of the varieties, namely Mahiṣākṣa And Kānaka Guggulu are usually preferred for medicinal preparations. Mahiṣākṣa Guggulu is dark greenish brown and Kānaka Guggulu is yellowish brown in colour.

Process of Śodhana

(1) Sand stone, glass etc. are first removed.

(2) It is then broken into small pieces.

(3) It is thereafter bundled in a piece of the cloth and boiled in Dolā Yantra containing any one of the following fluids.

(a) Gomūtra

(b) Triphalākaṣāya.

(c) Vāsāpatra Kaṣāya.

(d) Vāsāpatra Svarasa.

(e) Nirguṇḍīpatra Svarasa with Haridrā Cūrṇa; And

(f) Dugdha.

The boiling is continued till the Guggulu becomes a soft mass. It is then taken out of the cloth and spread over a smooth wooden board smeared with ghee or oil. By pressing with fingers the sand and other remaining foreign impurities are removed. It is taken out and again fried with ghee and ground in a stone mortar (khalva). This is called Śodhita Guggulu. The other method is to suspend the bundle of Guggulu in Dolā Yantra so as to remain immersed in the specified fluid as it is boiled[1]. The boiling of Guggulu in Dolā Yantra is carried on untill all the Guggulu passes into the fluid through the cloth.

The residue in the bundle is discarded. The fluid is filtered and again boiled till it forms a mass. This mass is dried in sun light and then pounded with a pestle in a stone

mortar, adding ghee in small quantities till it becomes waxy[2].

Characteristics

Śodhita Guggulu is soft, waxy and brown in colour. Characteristics of preparations of Guggulu vary depending on the other ingredients added to the preparations.

Preservation and Storage

It should be kept in glass or porcelain jars free from moisture and stored in a cool place. The potency is maintained for two years when prepared with ingredients of plant origin and indefinitely when prepared with metals and minerals.

Note:

1. There is also another practice of steaming the Guggulu in vapour by suspending it in the Ḍolā Yantra without actually immersing it in water.

2. Śārṅgadhara's commentator, Kaśīrāma, in his Gūḍārtha dīpikā mentions that Guggulu should be dissolved in any Vātahara warm kaṣāya and then dried. It should be pounded (Kuṭṭanam) with Ghee till it becomes waxy This is possible in 24 hours.

5 : 1 PAÑCĀMṚTA LAUHA GUGGULU

(Bhaiṣajyaratnāvalī, Mastiṣkarogādhikāra: 52-55)

रसगन्धकताराभ्रमाक्षिकाणां पलं पलम्।
लौहस्य द्विपलं चापि गुग्गुलोः पलसप्तकम् ।।५२।।

मर्दयेदायसे पात्रे दण्डेनाप्यायसेन च।
कटुतैलसमायोगाद् यामद्वयमतन्द्रितः।।५३।।

गुञ्जात्रयप्रयोगेण गदा मस्तिष्कसम्भवाः।
स्नायुजा वातजाश्चापि विनश्यन्ति न संशयः।।५४।।

नासौ सञ्जायते देहे मनुष्याणां कदाचन।
यं पञ्चामृतलौहाख्यो गुग्गुलुर्न हरेद् गदम् ।।५५।।

1.	Rasa (Pārada)		48	g
2.	Gandhaka (Śuddha)		48	g
3.	Tāra (Rajata) bhasma		48	g
4.	Abhra (Abhraka) bhasma		48	g
5.	Mākṣika bhasma		48	g
6.	Lauha bhasma		96	g
7.	Guggulu śuddha	(Exd.)	336	g
8.	Kaṭu taila		Q.S.	

Special Method of Preparation

Each ingredient is to be mixed with guggulu while adding the requisite quantity of kaṭu taila. Then it should be pounded with iron pastle in an iron mortar till it becomes soft.

Dose

375 mg

Important Therapeutic Uses

Mastiṣkaroga (Disorders of Brain), Snāyurujā (Pain in tendons), Vātaroga (Disease due to Vāta doṣa)

5 : 2 PUNARNAVĀ GUGGULU

(Bhāratabhaiṣajya Ratnākara, Tṛtīya bhāga : 4012)

पुनर्नवामूलशतं विशुद्धं रुबूकमूलं च तथा प्रयोज्यम्।
दत्वा पलं षोडशकं च शुण्ठ्याः सङ्कुट्य सम्यग्विपचेद् घटेऽपाम्।।
पलानि चाष्टादश कौशिकस्य तेनाष्टावशेषेण पुनः पचेत्तु।
एरण्डतैलं कुडवं च दद्यात् तथा त्रिवृच्चूर्णपलानि पञ्च।।

निकुम्भचूर्णस्य पलं गुडूच्याः पलद्वयं च द्विपलं प्रतीह।
फलत्रयं त्र्यूषणचित्रकाणि सिन्धूत्थभल्लातविडङ्गकानि।।

कर्षं तथा माक्षिकधातुचूर्णं पुनर्नवायाः पलमेव चूर्णम्।

चूर्णानि दत्वा ह्यवतार्य शीते खादेन्नरो माषत्रयप्रमाणम्।।
वातासृजं वृद्धिगदं च सप्त जयत्यवश्यं त्वथ गृध्रसीं च।
जङ्घोरुपृष्ठत्रिकवस्तिजां च तथामवातं प्रबलं च शीघ्रम्।।

1.	Punarnavā (Rakta Punarnavā) mūla	(Rt.)	4.800	kg
2.	Rubūka mūla (Eraṇḍa)	(Rt.)	4.800	kg
3.	Śuṇṭhī	(Rz.)	768	g
4.	Jala for decoction		32	l
	reduced to		4	l
5.	Kauśika (śuddha Guggulu)	(Exd.)	864	g
6.	Eraṇḍa Taila		192	ml
7.	Trivṛt cūrṇa	(Rt.)	240	g
8.	Nikumbha cūrṇa (Dantī)	(Rt.)	48	g
9.	Guḍūcī	(St.)	96	g
10.	Harītakī	(P.)	96	g
11.	Bibhītaka	(P.)	96	g
12.	Āmalakī	(P.)	96	g
13.	Śuṇṭhī	(Rz.)	96	g
14.	Marica	(Fr.)	96	g
15.	Pippalī	(Fr.)	96	g
16.	Sindhūttha (Saindhava Lavaṇa)		96	g
17.	Citraka	(Rt.)	96	g
18.	Bhallāta (śuddha)	(Fr.)	96	g
19.	Viḍaṅga	(Fr.)	96	g
20.	Mākṣika dhātu cūrṇa (Mākṣika)		12	g
21.	Punarnavā (Rakta Punarnavā)	(Rt.)	48	g

Dose

3 g in divided doses

Important Therapeutic Uses

Vātarakta (Gout), Vṛddhiroga (Inguino-scrotal swellings), Gṛdhrasī (Sciatica), Jaṅghoru-Pṛṣṭhatrikasthāna and Vastigataśūla (Pain in calves-thighs-back-sacral and bladder region), Āmavāta (Rheumatism)

Note:1.Filter the decoction of drug No. 1to 4, and boil with Guggulu 2. After concentrating, add the other ingredients, and prepare the formulation as per the prescribed method.

6. GHṚTA

(SNEHAKALPA)

Definition:

Ghṛtas are preparations in which ghee is boiled with prescribed Kaṣāyas (decoctions) and kalkas of drugs according to the formula. This process ensures absorption of the active therapeutic principles of the ingredients used.

General method of preparation:

1. There are generally three essential components for the preparation of sneha (Ghṛta or Taila) viz:-

(i) Drava (a liquid which may be one or more as Kaṣāya, Svarasa, Dugdha, Mastu, etc.)

(ii) Kalka (a fine paste of the drug(s))

(iii) Sneha dravya (Ghṛta, Mūrchita Ghṛta[1]).

2. Generally, unless otherwise mentioned in the text if kalka is one part by weight, sneha should be four parts and the drava-dravya should be sixteen parts. Exceptions are:

(i) Where no drava is prescribed, four parts of water is added to one part of sneha; the kalka is one fourth the weight of sheha.

(ii) Where drava-dravya is Kvātha, kalka should be one -sixth of sneha.

(iii) Where the drava dravya is svarasa, Kṣīra, Takra, Dadhi etc. The kalka should be one eighth of the sneha and then 4 times water is also added for good Pāka.

(iv) Where the number of drava dravyas is four or less than four, each drava has to be taken four times the weight of sneha.

(v) Where the drava dravyas are 5 or more, each drava will be equal in weight to the sneha.

(vi) If in a preparation, no kalka is prescribed, then the drugs of the Kaṣāya may be used as kalka.

3. The kalka and the drava are mixed together, sneha is then added, boiled on mild fire and stirred well continuously so that the kalka is not allowed to adhere to the vessel. Sometimes,

the drava-dravyas are directed to be added one after another as the process of the boiling is continued till the drava dravya added earlier has evaporated.

4. When all the drava dravyas have evaporated the moisture in the kalka will also begin to evaporate; at this stage, it has to be stirred more often and carefully to ensure that the kalka does not stick to the bottom of the vessel. The kalka is taken out of the ladle and tested from time to time to know the condition and stage of the Pāka.

5. There are three stages of Pāka[2]:-
(i) Mṛdu Pāka,
(ii) Madhyama Pāka and
(iii) Khara Pāka.
In Mṛdu Pāka kalka is waxy and when rolled between the fingers, rolls like lac with slight sticking. In Madhyama Pāka kalka is soft, non-sticky and rolls between fingers and when put in fire burns without any cracking noise. A further degree of heating leads to Khara pāka which is slightly hard. Any further heating will lead to dagdha Pāka and the sneha becomes unfit for use.

6. In the sneha group Śarkara if mentioned, is added in fine powder form to the final product when cool.

7. Where the Pāka is to be done with Kvātha, Svarasa, Dugdha, Māṃsarasa, etc. The Pāka is to be done with these dravas separately in the above order. The period[3] of Pāka with various dravyas should be as below:
(i) Kvātha, Āranāla, Takra etc. -5 days
(ii) Svarasa -3 days
(iii) Dugdha -2 days
(iv) Māṃsarasa -1day

8. Pātrapāka : Pātrapāka is the process by which the sneha is flavoured or augmented by

certain soluble or mixable substances. The powders of the drugs are placed in the vessel into which fairly warm sneha is filtered.

9. Mṛdupāka Sneha is used for nasya; Madhyamapāka Sneha is used for Pāna, Vasti, etc.; Kharapāka Sneha is used only for Abhyaṅga.

10. In the begining the boiling should be on mild fire and in the end also it should be only on mild (Mṛdvagni) fire.

11. Whenever Lavaṇas and Kṣāras are used in these preparations, they are added to the sneha and then strained.

Characteristics:

The Ghṛta will generally solidify when cooled. It will have the colour, odour and taste of the drug(s) used.

Preservation:

Ghṛtas are preserved in glass, polythene or aluminium containers. Ghṛta preparation for internal use keep their potency for about sixteen months.

Method of use:

Generally the Anupāna for internal use, when not specified, is warm water or warm milk. The Ghṛta has to be taken after warming. This is taken with the medium of other liquids also.

Note:

1. The method or Mūrcchana of Ghṛta is given in Paribhāṣā khaṇḍa.
2. Śārṅgadharasaṃhitā, Madhyama khaṇḍa , Adhyāya 9/12-16
3. Period as mentioned in Vaidyaka Paribhāṣā pradīpa which is reproduced below.

" kṣīrae dvirātraṃ svarasae trirātraṃ takrāranālādiṣu pañcarātram
snaehaṃ pacet vaidyavaraḥ prayatnāt........"

6 : 1 ARJUNA GHṚTA

(Bhaiṣajyaratnāvalī, Hṛdrogādhikāra : 39)

पार्थस्य कल्कस्वरसेन सिद्धं शस्तं घृतं सर्वहृदामयेषु।।३९।।

1.	Pārtha svarasa (Arjuna)	(St.Bk.)	16	parts
2.	Ghṛta (Goghṛta)		4	parts
3.	Pārtha kalka	(St.Bk.)	1	part

Dose

6 g

Important Therapeutic Uses

Hṛdroga (Heart disease)

6 : 2 BṚHAT AŚVAGANDHĀ GHṚTA

(Bhaiṣajyaratnāvalī, Vājīkaraṇādhikāra: 52-62)

अश्वगन्धापलशतं शुभदेशसमुद्भवम्।
पुण्येऽहनि समाहृत्य साधयेच्छ्लक्ष्णकुट्टितम्।।५२।।

द्रोणेऽम्भसि पचेत्तावद्यावत्पादावशेषितम्।
सर्पिःप्रस्थं पचेत्तेन गव्यक्षीरं चतुर्गुणम्।।५३।।

कषायं छागमांसस्य दद्याच्छतद्वयस्य च।
कल्कानि श्लक्ष्णपिष्टानि तथेमानि प्रदापयेत्।।५४।।

काकोलीयुगमृद्धी द्वे मेदे द्वे चाथ जीवकम्।
स्वयङ्गुप्तामृषभकमेलां मधुकमेव च ।।५५।।

मृद्वीकां सूर्पपर्ण्यौ च जीवन्तीं चपलां बलाम्।
नारायणीं विदारीं च दत्त्वा सम्यग्विपाचयेत्।।५६।।

सितामाक्षिकयोः शीते गृह्णीयात् कुडवौ पृथक्।

लीढ्वा शाणमितं भुञ्ज्यात् परिहारविवर्जितम्।।५७।।

क्षीणेन्द्रियाः क्षीणशुक्रा वृद्धा बालास्तथाबलाः।
हीनमांसाश्च ये केचित् प्राश्येदं मात्रया घृतम्।।५८।।

ओजः स्वास्थ्यञ्च तेजश्च प्रसादमिन्द्रियस्य च।
लभन्ते सूर्यसङ्काशा भ्राजन्ते विगतज्वराः।।५९।।

वृद्धो वृषायते स्त्रीषु नित्यं षोडशवर्षवत्।
नारीणां च शतं गच्छेन्न च शुक्रक्षयो भवेत्।।६०।।

वन्ध्या च लभते पुत्रं बुद्धिमेधासमन्वितम्।
मासमात्रप्रयोगेण वलीपलितनाशनम् ।।६१।।

खालित्यं तिमिरं वातव्याधींश्चैव महागदान्।
पञ्च कासान् क्षयं श्वासं हिक्काञ्च विषमज्वरम्।
हन्ति सर्वान् गदान् शीघ्रमश्विभ्यां निर्मितं पुरा।।६२।।

1.	Aśvagandhā	(Rt.)	4.800	kg
2.	Jala		12.288	l
	reduced to		3.072	l
3.	Sarpi (Goghṛta)		768	g
4.	Kṣīra (Godugdha)		3.072	l
5.	Chāgamāṃsa		2.400	kg
6.	Kākolī	(Sub.Rt.)	12	g
7.	Kṣīrakākolī	(Sub.Rt.)	12	g
8.	Ṛddhi	(Sub.Rt.)	12	g
9.	Vṛddhi	(Sub.Rt.)	12	g
10.	Medā	(Sub.Rt.)	12	g
11.	Mahāmeda	(Sub.Rt.)	12	g
12.	Jīvaka	(Rt.)	12	g
13.	Svayaṅguptā (Ātmaguptā)	(Sd.)	12	g
14.	Ṛṣabhaka	(Sub.Rt.)	12	g

15.	Elā (Sūkṣmailā)	(Sd.)	12	g
16.	Madhuka (Yaṣṭī)	(Rt.)	12	g
17.	Mṛdvīkā (Drākṣā)	(Dr.Fr.)	12	g
18.	Mudgaparṇī	(Pl.)	12	g
19.	Māṣaparṇī	(Pl.)	12	g
20.	Jīvantī	(Rt.)	12	g
21.	Capalā (Pippalī)	(Fr.)	12	g
22.	Balā	(Rt.)	12	g
23.	Nārāyaṇī (Śatāvarī)	(Rt.)	12	g
24.	Vidārī	(Rt.Tr.)	12	g
25.	Sitā		192	g
26.	Mākṣika (Madhu)		192	g

Dose

12 g

Important Therapeutic Uses

Kṣīṇa Śukra (Oligospermia), Hīnamāṃsa (Lack of muscle tissue), Vandhyatva (Infertility), Timira (early stage of Catract), Vāta Vyādhi (Disease due to Vāta doṣa), Valī Palita (Wrinkles in skin and graying of hair), Kṣaya (Pthisis), Kāsa (Cough), Śvāsa (Dyspnoea/Asthma), Hikkā (Hiccup), Viṣamajvara (Intermittent fever)

Note: Ingredient No.5 (māṃsa rasa) is to be prepared by boiling the prescribed quantity of meat with 16 times of water reduce to 1/4 and filtered.

6 : 3 BṚHACCHĀGALĀDYA GHṚTA

(Bhaiṣajyaratnāvalī, Vātavyādhyādhikāra: 436-461)

छागमांसतुलां गृह्य दशमूल्याः पलं शतम्।
अश्वगन्धापलशतं वाट्यालकशतं तथा।।४३६।।
घृताढकं पचेत्तोयैश्चतुर्भागावशेषितैः।
क्षीरं स्नेहसमं दद्याच्छतावर्या रसं तथा।।४३७।।

ताम्रपात्रे दृढे चैव शनैर्मृद्वग्निना पचेत्।
अस्यौषधस्य कल्कस्य प्रत्येकं शुक्तिसम्मितम् ।।४३८।।

जीवन्ती मधुकं द्राक्षा काकोल्यौ नीलमुत्पलम्।
मुस्तं सचन्दनं रास्ना पर्णिनीद्वयशारिवे।।४३९।।

मेदे द्वे च तथा कुष्ठं जीवकर्षभकौ शटी।
दार्वी प्रियङ्गुस्त्रिफला नतं तालीशपद्मकौ।।४४०।।

एलापत्रं वरीं नागं जातीकुसुमधान्यकम्।
मञ्जिष्ठा दाडिमं दारु रेणुकं सैलवालुकम्।।४४१।।

विडङ्गं जीरकञ्चैव पेषयित्वा विनिक्षिपेत्।
वस्त्रपूते च शीते च शर्कराप्रस्थसंयुतम्।४४२।।

निधापयेत्स्निग्धभाण्डे मार्द्दे वा भाजने शुभे।
अस्यौषधस्य सिद्धस्य शृणु वीर्यमतः परम्।।४४३।।

देवदेवं नमस्कृत्य सम्पूज्य गणनायकम्।
पिबेत्पाणितलं तस्य व्याधिं वीक्ष्यानुपानतः।।४४४।।

सर्ववातविकारेषु चापस्मारे विशेषतः।
उन्मादे पक्षाघाते च ह्याध्माने कोष्ठनिग्रहे ।।४४५।।

कर्णरोगे शिरोरोगे बाधिर्ये चापतन्त्रके।
भूतोन्मादे च गृध्रस्यां सोद्गारे चाक्षिपातजे।।४४६।।

पार्श्वशूले च हृच्छूले बाह्यायामे तथार्दिते।
वातकण्टकहृद्रोगमूत्रकृच्छ्रे सपङ्गुके।।४४७।।

क्रोष्टुशीर्षे तथा खञ्जे कुब्जे चाध्वनि मिन्मिने।
अपतानेऽन्तरायामे रक्तपित्ते तथोर्ध्वगे।।४४८।।

आनाहेऽर्शोविकारेषु चातुर्थकज्वरेऽपि च।

हनुग्रहे तथा शोषे क्षीणे चैवाववाहुके।।४४९।।

दण्डापतानके भग्ने दाहे चालेपके तथा।
जीर्णज्वरे विषे कुष्ठे शोफःस्तम्भे मदात्यये ।।४५०।।

आढ्यवातेऽग्निमान्द्ये च वातरक्तगदेषु च।
एकाङ्गरोगिणे चैव तथा सर्वाङ्गरोगिणे।।४५१।।

हस्तकम्पे शिरःकम्पे जिह्वास्तम्भे जडे भ्रमे।
क्षीणेन्द्रिये नष्टशुक्रे शुक्रनिःसरणे तथा ।।४५२।।

स्त्रीणां वातास्रपाते च पटले चाक्षिस्पन्दने।
एकाङ्गस्पन्दने चैव सर्वाङ्गस्पन्दने तथा।।४५३।।

नागादिपतिते वाते स्त्रीणामप्राप्तिहेतुके।
आभिचारिकदोषे च धनसन्तापसम्भवे।।४५४।।

ये वातप्रभवा रोगा ये च पित्तसमुद्भवाः।
शिरोमध्यगता ये च जङ्घापार्श्वादिसंस्थिताः।।४५५।।

मातृग्रहाभिभूतश्च शिशुर्यश्च विशुष्यति।
प्रक्षीणबलमांसश्च न वर्त्मगमनक्षमः ।।४५६।।

घृतेनानेन सिद्ध्यन्ति वज्रमुक्तिरिवासुरान्।
निहन्ति सकलान् रोगान् घृतं परमदुर्लभम्।।४५७।।
रसायनं वह्निबलप्रदञ्च वपुःप्रकर्षं विदधाति रूपम्।
दन्तावलेन्द्रेण समानतेजा दीर्घायुषं पुत्रशतं करोति।।४५८।।

स्त्रीणां शतं गच्छति वातिरेकं न याति तृप्तिं सरसः समाङ्गः।
अपुत्रिणीं पुत्रशतं करोति शतायुषं कामसमं बलिष्ठम्।।४५९।।

महद् घृतं नाम तु छागलाद्यं विनिर्मितं वातनिषूदनञ्च।
शिवं शुभं रोगमयापहञ्च चकार हारीतमुनिर्विशिष्टः।।४६०।।

शृगालबर्हिणोः पाके पुमांसं तत्र दापयेत्।
मयूरी जम्बुकी छागी वीर्यहीनाः स्वभावतः।।
भाषितं काशिराजेन छागमेव नपुंसकम्।।४६१।।

1.	Chāgamāṃsa	(Rt.)	4.800	kg
2.	Bilva	(Rt.)	480	g
3.	Śyonāka	(Rt.)	480	g
4.	Gambhārī	(Rt.)	480	g
5.	Pāṭalā	(Rt.)	480	g
6.	Agnimantha	(Rt.)	480	g
7.	Śālaparṇī	(Rt.)	480	g
8.	Pṛśniparṇī	(Rt.)	480	g
9.	Bṛhatī	(Rt.)	480	g
10.	Kaṇṭakārī	(Rt.)	480	g
11.	Gokṣura	(Rt.)	480	g
12.	Aśvagandhā	(Rt.)	4.800	kg
13.	Vāṭyālaka (Balā)	(Rt.)	4.800	kg
14.	Ghṛta (Goghṛta)		3.073	kg
15.	Water for Decoction		24.578	l
	reduced to		6.144	l
16.	Kṣīra (Godugdha)		3.073	l
17.	Śatavarī Rasa (Svarasa)	(Rt.)	3.073	l
	Kalka Dravya			
18.	Jīvantī	(Rt.)	24	g
19.	Madhuka (Yaṣṭī)	(Rt.)	24	g
20.	Drākṣā	(Fr.)	24	g
21.	Kākolī	(Sub.Rt.)	24	g
22.	Kṣīrakākolī	(Sub.Rt.)	24	g
23.	Nīlotpala (Utpala)	(Rt.)	24	g
24.	Musta (Mustā)	(Rt.)	24	g
25.	Candana (Śveta candana)	(Ht.Wd.)	24	g
26.	Rāsnā	(Rt.)	24	g
27.	Mudgaparṇī	(Pl.)	24	g

28.	Māṣaparṇī	(Pl.)	24	g	
29.	Śveta Sārivā	(Rt.)	24	g	
30.	Kṛṣṇasārivā	(Rt.)	24	g	
31.	Medā	(Sub.Rt.)	24	g	
32.	Mahāmeda	(Sub.Rt.)	24	g	
33.	Kuṣṭha	(Rt.)	24	g	
34.	Jīvaka	(Sub.Rt.)	24	g	
35.	Ṛṣabhaka	(Sub.Rt.)	24	g	
36.	Śaṭī	(Rz.)	24	g	
37.	Dārvī (Dāruharidrā)	(St.)	24	g	
38.	Priyaṅgu	(Fr.)	24	g	
39.	Harītakī	(Fr.P.)	24	g	
40.	Bibhītaka	(Fr.P.)	24	g	
41.	Āmalakī	(Fr.P.)	24	g	
42.	Nata (Tagara)	(Rt.)	24	g	
43.	Tālīśa	(Lf.)	24	g	
44.	Padmaka	(St.)	24	g	
45.	Elā (Sūkṣmailā)	(Sd.)		24	g
46.	Patra (Tejapatra)	(Lf.)	24	g	
47.	Varī (Śatāvarī)	(Rt.)	24	g	
48.	Nāga (Nāgakeśara)	(Adr.)	24	g	
49.	Jātīkusuma (Jātī)	(Fl.)	24	g	
50.	Dhānyaka	(Fr.)	24	g	
51.	Mañjiṣṭhā	(Rt.)	24	g	
52.	Dāḍima	(Dr.Fr.)	24	g	
53.	Dāru (Devadāru)	(Ht.Wd.)	24	g	
54.	Reṇuka (Reṇūkā)	(Sd.)		24	g
55.	Elavāluka	(Sd.)		24	g
56.	Viḍaṅga	(Fr.)	24	g	

57.	Jīraka (Śveta jīraka)	(Fr.)	24	g
58.	Śarkarā		768	g

Special Method of Preparation

Decoction of each of the ingredients viz. Chāgamāṃsa, Daśamūla, Aśvagandhā and Balā is prepared in 24.576 l water separately. Then mixed all together and boiled till the quantity is reduced to 1/4th of the decoction. Thereafter Add Kṣāra, Ghṛta; Śatāvarī Rasa and boil again in a copper vessel under the moderate fire as per the Ghṛtapāka method. When Ghṛta is ready, it is filtered through cloth, allowed to cool, and sugar added.

Dose

12 g

Important Therapeutic Uses

Vātaroga (Disease due to Vāta doṣa), Unmāda (Mania/Psychosis), Vibandha (Constipation), Śiroroga (Disease of head), Gṛdhrasī (Sciatica), Hṛcchūla (Angina pectoris), Apasmāra (Epilepsy), Ānāha (Distension of abdomen due to obstruction to passage of urine and stools), Arśa (Haemorrhoids), Naṣṭaśukra (Oligospermia/ Azoospermia), Daurbalya (Weakness)

6 : 4 ŚATĀVARYĀDI GHṚTA

(Sahasrayoga, Ghṛtaprakaraṇa: 23)

शतावर्याः श्वदंष्ट्रायाः स्वरसस्याढकं पृथक्।
घृतप्रस्थद्वयं क्षीरे द्विगुणे विपचेदिमैः।।

विदारीचन्दनतुगामृद्वीकामधुयष्टिभिः।
कशैरुकैर्वारुबीजत्रुट्यद्रिजकणोत्पलैः।।

पद्मापत्तूरमुस्तैश्च काकोल्यादिगणेन च।।
सिद्धे सुशीतले तस्मिन्घृतार्धं मधु निक्षिपेत्।।

मध्वर्धं शर्कराचूर्णं क्षिप्त्वोन्मथ्य निधापयेत्।

निहन्ति मूत्रकृच्छ्राणि मूत्रदोषांश्च शर्कराम्।।

1.	Śatāvarī (Svarasa)	(Rt.)	3.073	l
2.	Śvadaṃṣṭrā kvātha (Gokṣura)	(Fr.)	3.073	l
3.	Jala for decoction		12.292	l
	reduced to		3.072	l
4.	Ghṛta (Goghṛta)		1.536	kg
5.	Kṣīra (Godugdha)		3.072	l
6.	Vidārī	(Rt.Tr.)	768	g
	darkened			
7.	Candana (Śveta candana)	(Ht.Wd.)	768	g
8.	Tugā (Vaṃśa Locana)	(S.C.)	768	g
9.	Mṛdvīkā (Drākṣā)	(Dr.Fr.)	768	g
10.	Madhuyaṣṭī (Yaṣṭī)	(Rt.)	768	g
11.	Kaśēruka	(Tr.)	768	g
12.	Ervāru bīja	(Sd.)	768	g
13.	Truṭi (Sūkṣmailā)	(Sd.)	768	g
14.	Adrija (Śilājatu)		768	g
15.	Kaṇā (Pippalī)	(Fr.)	768	g
16.	Utpala	(Fl.)	768	g
17.	Padma (Kamala)	(Fr.)	768	g
18.	Pattūra	(Pl.)	768	g
19.	Musta (Mustā)	(Rz.)	768	g
20.	Kākolī	(Sub.Rt.)	768	g
21.	Kṣīrakākolī	(Sub.Rt.)	768	g
22.	Jīvaka	(Rt.)	768	g
23.	Ṛṣabhaka	(Sub.Rt.)	768	g
24.	Mudgaparṇī	(Pl.)	768	g
25.	Māṣaparṇī	(Pl.)	768	g

26.	Medā	(Sub.Rt.)	768	g
27.	Mahāmeda	(Sub.Rt.)	768	g
28.	Chinnaruhā (Guḍūcī)	(St.)	768	g
29.	Karkaṭa (Karkaṭaśṛngī)	(Gl.)	768	g
30.	Tugākṣīrī (Vaṃśa Locana)	(S.C.)	768	g
31.	Padmaka	(St.)	768	g
32.	Pauṇḍarīka (Kamala)	(Fl.)	768	g
33.	Ṛddhi	(Sub.Rt.)	768	g
34.	Vṛddhi	(Sub.Rt.)	768	g
35.	Mṛdvīkā (Drākṣā)	(Dr.Fr.)	768	g
36.	Jīvantī	(Rt.)	768	g
37.	Madhuka (Yaṣṭī)	(Rt.)	768	g
38.	Madhu		768	g
39.	Sitā (Śarkara)		384	g

Dose

12 g

Important Therapeutic Uses

Mūtrakṛcchra (Dysuria), Mūtradoṣa (Urinary disorders), Mūtra Śarkarā (Urinary calculus)

7. CŪRṆA

Definition

Cūrṇa is a fine powder of drug or drugs.

General Method of preparation

Drugs mentioned in the Yoga are cleaned and dried properly. They are finely powdered and sieved. Where there are a number of drugs in yoga, the drugs are separately powdered and sieved. Each one of them (powder) is weighed separately, and well mixed together. As some of the drugs contain more fibrous matter than other, this method of powdering and weighing them separately them, according to the Yoga, and then mixing them together, is preferred.

In industry, however, all the drugs are cleaned, dried and powdered together by disintegrators. Mechanical sifters are also used. Salt, sugar, camphor etc., when mentioned are separately powdered and mixed with the rest at the end. Asafoetida (Hiṅgu) and salt may also be roasted, powdered and then added. Drugs like Śatāvarī, Guḍūcī, etc., which are to be taken fresh, is made into a paste, dried, and then added.

Characteristics and preservation

The powder is fine of at least 80 mesh sieves. It should not adhere together or become moist. The finer the powder, the better is its therapeutic value. They retain potency for one year[1] and should be kept in air tight containers.

Note:

1. Potency of Curna is 1 year is according to Śārṅgadharasaṃhitā, Prathamakhaṇḍa, Adhyāya 1; śloka 51-53, with commentary of Ādhamalla.

7 : 1 AGNIMUKHA CŪRṆA

(Yogaratnākara, Ajīrṇacikistā: 1-6)

हिङ्गुभागो भवेदेको वचा च द्विगुणा भवेत्।

पिप्पली त्रिगुणा ज्ञेया शृङ्गवेरं चतुर्गुणम्।।

यवानिका पञ्चगुणा षड्गुणा च हरीतकी।
चित्रकः सप्तगुणितः कुष्ठं चाष्टगुणं भवेत्।।

एतद्वातहरं चूर्णं पीतमात्रं प्रसन्नया।
पिबेद्दध्ना मस्तुना वा सुरया कोष्णवारिणा।।

सोदावर्तमजीर्णं च प्लीहानमुदरं तथा।
अङ्गानि यस्य शीर्यन्ते विषं वा येन भक्षितम्।।

अर्शोहरो दीपनश्च शूलघ्नो गुल्मनाशनः।
कासं श्वासं निहन्त्याशु तथैव क्षयनाशनः।।
चूर्णो ह्यग्निमुखो नाम्ना न कश्चित्प्रतिहन्यते।।

1.	Hiṅgu	(Exd.)	1	part
2.	Vacā	(Rz.)	2	part
3.	Pippalī	(Fr.)	3	part
4.	Śṛṅgavera (Śuṇṭhī)	(Rz.)	4	part
5.	Yavānaka (Yavānī)	(Fr.)	5	part
6.	Harītakī	(P.)	6	part
7.	Citraka	(Rt.)	7	part
8.	Kuṣṭha	(Rt.)	8	part

Dose

3g to 6 g

Anupāna

Usṇodaka

Important Therapeutic Uses

Udāvarta (Condition in which threre is upward movement of vayu), Ajīrṇa (Dyspepsia), Plīhā Roga (Splenic disease), Udararoga (Ascites), Arśa (Haemorrhoids), Śūla (Colicky Pain), Gulma (Abdominal lump), Kāsa (Cough), Śvāsa (Dyspnoea/Asthma), Kṣaya (Pthisis)

7 : 2 AŚVAGANDHĀDI CŪRṆA

(Yogaratnākara, Rājayakṣmācikitsā: 1-6)

अश्वगन्धा दशपलं तदर्धं नागरान्वितम्।
तदर्धं कणया युक्तं मरिचं च तदर्धकम्।।

चतुर्जातं वरालं च भाङ्र्गी तालीसपत्रकम्।
कचोराजाजिकैडर्यमांसीकङ्कोलमुस्तकम्।।

रास्नाकटुरोहिण्यौ जीवन्ती कुष्ठकं तथा।
पृथक् कर्षमितं चूर्णं चूर्णेन समशर्करा।।

प्रातःकाले त्विदं चूर्णं जलेनोष्णेन सेवयेत्।
वातक्षये पित्तशोषे त्वजागोघृतसंयुतम्।।

श्लेष्मक्षये क्षौद्रयुतं नवनीतेन मेहजित्।
शिरोभ्रमे च पित्तार्ते गोक्षीरेण समायुतम्।।

क्षतक्षीणे च देहे च विशेषबलवर्धनम्।
मेदोहरं च मन्दाग्निकुक्षिशूलोदरापहम्।
अनुपानविशेषेण सर्वरोगहरं परम्।।

1.	Aśvagandhā	(Rt.)	480	g
2.	Nāgarā (Śuṇṭhī)	(Rz.)	240	g
3.	Kaṇā (Pippalī)	(Fr.)	120	g
4.	Marica	(Fr.)	60	g
5.	Tvak	(St.Bk.)	12	g
6.	Elā (Sūkṣmailā)	(Sd.)	12	g
7.	Patra (Tejapatra)	(Lf.)	12	g
8.	Nāgakēśara	(Adr.)	12	g
9.	Varāla (Lavaṅga)	(Fl.)	12	g
10.	Bhārṅgī	(Rt.)	12	g
11.	Tālīśapatra (Tālīsa)	(Lf.)	12	g

12.	Kacora (Karcūra)	(Rz.)	12	g
13.	Ajājī (Śveta jīraka)	(Fr.)	12	g
14.	Kaiḍarya	(St.Bk.)	12	g
15.	Māṃsī (Jaṭāmāṃsī)	(Rt./Rz.)	12	g
16.	Kaṅkola	(Fr.)	12	g
17.	Musta (Mustā)	(Rz.)	12	g
18.	Rāsnā	(Rt.)	12	g
19.	Kaṭurohiṇī (Kaṭukā)	(Rz.)	12	g
20.	Jīvantī	(Rt.)	12	g
21.	Kuṣṭha	(Rt.)	12	g
22.	Śarkarā		1.100	kg

Dose

5 g to 10 g

Anupāna

Uṣṇajala, Ajā and Goghṛta, Navanīta, Gokṣīra

Important Therapeutic Uses

Tridoṣakṣaya

Anupāna for different diseases: In Vātakṣaya and Pittaśoṣa with ajā and goghṛta; In Śleṣmakṣaya with madhu; In Meha with navanīta; In Śirobhrama and Paittikaroga with gokṣīra; In other diseases with uṣṇa jala.

7 : 3 AṢṬĀṄGALAVAṆA CŪRṆA

(Bhaiṣajyaratnāvalī, Madātyayādhikāra: 15-16)

सौवर्चलमजाजी च वृक्षाम्लं साम्लवेतसम्।

त्वगेलामरिचार्द्धांशं शर्कराभागयोजितम्।।१५।।

हितं लवणमष्टाङ्गमग्निसन्दीपनं परम्।
मदात्यये कफप्राये दद्यात्स्रोतोविशोधनम्।।१६।।

1.	Sauvarcala		1	part
2.	Ajājī (Śveta jīraka)	(Fr.)	1	part
3.	Vṛkṣāmla	(Fr.P.)	1	part
4.	Amlavetasa	(Fr.)	1	part
5.	Tvak	(St.Bk.)	1	part
6.	Elā	(Sd.)	1	part
7.	Marica	(Fr.)	1	part
8.	Śarkarā		1	part

Dose

3g to 5 g

Important Therapeutic Uses

Agnimāndya (Digestive impairment), Madātyaya (Alcoholism), Srotorodha (Obstruction to srotas)

7 : 4 KAṬPHALĀDI CŪRṆA

(Śārṅgadharasaṃhitā, Madhyamakhaṇḍa, Adhyāya 6: 38-39)

कट्फलं मुस्तकं तिक्ता शठी शृङ्गी च पौष्करम्।
चूर्णमेषां च मधुना शृङ्गबेररसेन वा।।३८।।

लेहेज्ज्वरहरं कण्ठ्यं कासश्वासारुचीर्जयेत्।
वायुं छर्दिं तथा शूलं क्षयञ्चैव व्यपोहति।।३९।।

1.	Kaṭphala	(St.Bk.)	1	part

2.	Mustaka (Mustā)	(Rz.)	1	part
3.	Tiktā (Kaṭukā)	(Rz.)	1	part
4.	Śaṭhī (Śaṭī)	(Rz.)	1	part
5.	Śṛṅgī (Karkaṭaśṛṅgī)	(Gl.)	1	part
6.	Pauṣkara (Puṣkara)	(Rt.)	1	part

Dose

5g to 10 g

Anupāna

Madhu, Ārdraka Svarasa

Important Therapeutic Uses

Jvara (Fever), Kāsa (Cough), Śvāsa (Dyspnoea/Asthma), Aruci (Tastelessness), Chardi (Emesis), Vāyuśūla (Colicky Pain due to Vāta doṣa)

7 : 5 GANDHAKA RASĀYANA

(Yogaratnākara, Rasāyanādhikāra: 1-4)

शुद्धो बलिर्गोपयसा विभाव्य ततश्चतुर्जातगुडूचिकाभिः।
पथ्याक्षधात्र्यौषधभृंगराजैर्भाव्योऽष्टवारं पृथगार्द्रकेण।।

शुद्धे सितां योजय तुल्यभागां रसायनं गन्धकराजसंज्ञम्।।
कर्षोन्मितं सेवितमेति मर्त्यो वीर्यं च पुष्टिं दृढदेहवह्निम्।।

कण्डूं च कुष्ठं विषदोषमुग्रं मासद्वयेनेह जयेत्प्रयोगः।
घोरातिसारं ग्रहणीगदं च हरेच्च रक्तं दृढशूलयुक्तम्।।

जीर्णज्वरे मेहगणे प्रकृष्टं वातामयानां हरणे समर्थम्।
प्रजाकरं केशमतीव कृष्णं करोति चेद् भक्षति चार्धवर्षम्।।

1. Bali (Śuddha Gandhaka)

2.	Gopayas (Godugdha)		Q.S. for bhāvanā 8 times
3.	Tvak kvātha	(St.Bk.)	Q.S. for bhāvanā 8 times
4.	Elā kvātha	(Sd.)	Q.S. for bhāvanā 8 times
5.	Patra kvatha (Tejapatra)	(Lf.)	Q.S. for bhāvanā 8 times
6.	Nāgakēśara	(Adr.)	Q.S. for bhāvanā 8 times
7.	Guḍūcī svarasa	(St.)	Q.S. for bhāvanā 8 times
8.	Pathyā (Harītakī) kvātha	(P.)	Q.S. for bhāvanā 8 times
9.	Akṣa (Bibhītaka)	(P.)	Q.S. for bhāvanā 8 times
10.	Dhātrī (Āmalakī) svarasa or kvātha	(P.)	Q.S. for bhāvanā 8 times
11.	Auṣadha (Śuṇṭhī) kvātha	(Rz.)	Q.S. for bhāvanā 8 times
12.	Bhṛṅgarāja svarasa	(Pl.)	Q.S. for bhāvanā 8 times
13.	Ārdraka svarasa	(Rz.)	Q.S. for bhāvanā 8 times
14.	Sitā		Q.S. for bhāvanā 8 times

Special Method of Preparation

Equal quantity of the ingredients Tvak, Patra, Elā and Nāgakeśara should be finely powdered and boiled for some time in a vessel Arka Yantra with nawrow neck connected

with a condenser to collect the volatile oil in the condensed water; the remaining Kvātha liquid may be strained and used for Bhāvanā.

Dose

1g to 3 g

Important Therapeutic Uses

Kaṇḍū (Itching), Kuṣṭha (Diseases of skin), Viṣa Vikāra (Disorders due to poison), V īryakṣaya (Azoospermia), Agnimāndya (Digestive impairment), Atīsāra (Diarrhoea), Grahaṇī (Malabsorption syndrome), Śūla (Colicky Pain), Jīrṇajvara (Chronic fever), Meha (Excessive flow of urine)

7 : 6 DAŚANA SAṂSKĀRA CŪRṆA

(Bhaiṣajyaratnāvalī, Mukharogādhikāra: 73-74)

शुण्ठी हरीतकी मुस्ता खदिरं घनसारकम्।
गुवाकभस्म मरिचं देवपुष्पं तथा त्वचम्।।७३।।

एतेषां समभागेन चूर्णमेवं विनिर्दिशेत्।
तत्समं प्रक्षिपेत्तत्र चूर्णं कठिनिसम्भवम्।
एतद्दशनसंस्कारचूर्णं दन्तास्यरोगजित्।।७४।।

1.	Śuṇṭhī	(Rz.)	1	part
2.	Harītakī	(Fr.P.)	1	part
3.	Mustā	(Rz.)	1	part
4.	Khadira	(Ht.Wd.)	1	part
5.	Ghanasāraka (Karpūra)		1	part
6.	Guvāka bhasma (Pūga)	(Sd.)	1	part
7.	Marica	(Fr.)	1	part
8.	Dēvapuṣpa (Lavaṅga)	(Fl.)	1	part
9.	Tvak	(St.Bk.)	1	part

10.	Kaṭhini (Khaṭikā cūrṇa)	9	parts

Important Therapeutic Uses

Mukha Roga (Disease of mouth), Danta Roga (Disease of tooth)

Note: Used as tooth powder

7 : 7 DĀḌIMĀṢṬAKA CŪRṆA

(Bhaiṣajyaratnāvalī, Grahaṇirogādhikāra : 36-37)

कर्षोन्मिता तुगाक्षीरी चातुर्जातं द्विकार्षिकम्।
यमानी धान्यकाजाजी ग्रन्थिव्योषं पलांशकम्।।३६।।

पलानि दाडिमादष्टौ सितायाश्चैकतः कृतम्।
गुणैः कपित्थाष्टकवच्चूर्णमेतन्न संशयः ।।३७।।

1.	Tugākṣīrī (Vaṃśa)	(S.C.)	12	g
2.	Tvak	(St.Bk.)	24	g
3.	Patra (Tejapatra)	(Lf.)	24	g
4.	Elā	(Sd.)	24	g
5.	Nāgakēśara	(Adr.)	24	g
6.	Yamānī (Yavānī)	(Fr.)	48	g
7.	Dhānyaka	(Fr.)	48	g
8.	Ajājī (Śveta jīraka)	(Fr.)	48	g
9.	Granthi (Pippalīmūla)	(Rt.)	48	g
10.	Śuṇṭhī	(Rz.)	48	g
11.	Marica	(Fr.)	48	g
12.	Pippalī	(Fr.)	48	g

13.	Dāḍima	(Sd.)	48	g
14.	Sitā		384	g

Dose

5g to 10 g

Important Therapeutic Uses

Grahaṇī (Malabsorption syndrome)

7 : 8 NĀRĀCA CŪRṆA

(Śārṅgadharasaṃhitā, Madhyamakhaṇḍa Adhyāya 6: 95-96)

कर्षमात्रा भवेत्कृष्णा त्रिवृता स्यात्पलोन्मिता।।९५।।
खण्डात्पलं च विज्ञेयं चूर्णमेकत्र कारयेत्।
कर्षोन्मितं लिहेदेतत् क्षौद्रेणाध्माननाशनम्।।९६।।
गाढविट्कोदरकफान् पित्तशूलं च नाशयेत्।

1.	Kṛṣṇā (Pippalī)	(Fr.)	12	g
2.	Trivṛtā (Trivṛt)	(Rt.)	48	g
3.	Khaṇḍa		48	g

Dose

12 g

Anupāna

Madhu

Important Therapeutic Uses

Ādhmāna (Flatulance with gurgling sound), Udararoga (Ascites), Kaphapittajaśūla (Pain due to Kapha and Pitta doṣa), Gaḍhaviṭkatā (Constipation)

7 : 9 NĀSIKĀ CŪRṆA

(Sahasrayoga, Cūrṇaprakaraṇa : 64)

धात्रीजीरकमायूरपिच्छकाण्डसमन्वितम्।
वरालजातीफलतत्पत्रिका बालकानि च।।
नलदामयष्ट्याह्वशटीकन्दानि चाखिलैः।
तुल्यांशं चन्दनं धूमपत्रं चानेन समितम्।।

आदाय चूर्णयेत्तानि जम्बीरफलवारिणा।
तच्चूर्णं पेषयित्वाथ छायायां न्यस्य शोषयेत्।।

लाङ्गलीफलतोयेन पश्चात्सञ्चूर्ण्य पेषयेत्।
शोषयेच्च तथा भूयो हिमगन्धोदकेन च।।

पुनः सञ्चूर्ण्य कर्पूरधूपिकासारमिश्रिते।
योजयेन्मृगरेतश्च गन्धाढ्यं तत्र किञ्चन।।

स एष नासिकाचूर्णो दुष्टपीनसनाशनः।
शिरःकम्पे च जाड्ये च सूर्यावर्ते शिरोरुजि।।

मुखनासिकादुर्गन्धे चूर्णोऽयमपराजितः।
जत्रूर्ध्वसम्भवान्सर्वान् रोगांश्च विनियच्छति।।

1.	Dhātrī (Āmalakī)	(P.)	1	part
2.	Jīraka (Śveta jīraka)	(Fr.)	1	part
3.	Mayūrapicchakāṇḍa		1	part
4.	Varāla (Lavaṅga)	(Fl.)	1	part
5.	Jātīphala	(Sd.)	1	part
6.	Jātīpatri	(A.R.)	1	part
7.	Bālaka (Hrīvera)	(Rz.)	1	part
8.	Nalada (Uśīra)	(Rt.)	1	part
9.	Āmaya (Kuṣṭha)	(Rt.)	1	part

10.	Yaṣṭyāhvā (Yaṣṭī)	(Rt.)	1	part
11.	Śaṭī Kanda (Śuṇṭhī)	(Rz.)	1	part
12.	Candana (Śveta candana)	(Ht.Wd.)	10	parts
13.	Dhūpa Patra	(Lf.)	10	parts
14.	jambīra phala svarasa	(Fr.)	Q.S. for mardana	
15.	Lāṅgalīphala rasa (Nārikela)	(Fr.)	Q.S. for mardana	
16.	Himagandhodaka (Rose Water)	(Fl.)	Q.S. for mardana	
17.	Karpūra			
18.	Dhūpikā Sāra			
19.	Mṛgaretasa (Mṛgamada)			

Dose

Q.S. for nasya

Important Therapeutic Uses

Duṣṭapīnasa (Infected/ non responding rhinitis), Śiraḥkampa (Tremor/Shaking of head), Sūryāvarta (Sinusitis), Śirorujā (Headache), Mukhadurgandha (Halitosis), Nasikādurgandha (Ozena), Ūrdhva Jatrugata Roga (Diseases of head and neck)

7 : 10 PAÑCAKOLA CŪRṆA

(Śārṅgadharasaṃhitā, Madhyamakhaṇḍa Adhyāya 6: 13-14)

पिप्पलीचव्यविश्वाह्वापिप्पलीमूलचित्रकैः।। १३।।

पञ्चकोलमिति ख्यातं रुच्यं पाचनदीपनम्।

आनाहप्लीहगुल्मघ्नं शूलश्लेष्मोदरापहम्।।१४।।

1.	Pippalī	(Fr.)	1	part
2.	Cavya	(St.)	1	part
3.	Viśvāhvā (Śuṇṭhī)	(Rz.)	1	part

4.	Pippalīmūla	(Rt.)	1	part
5.	Citraka	(Rt.)	1	part

Dose

5g to 10 g

Important Therapeutic Uses

Aruci (Tastelessness), Ānāha (Distension of abdomen due to obstruction to passage of urine and stools), Plīhā Vṛddhi (Splenomegaly), Gulma (Abdominal lump), Śūla (Colicky Pain), Śleṣmodara (Ascites due to Kapha doṣa)

7 : 11 PAÑCANIMBA CŪRṆA

(Bhaiṣajyaratnāvalī, Kuṣṭhādhikāra : 86-91)

पुष्पकाले च पुष्पाणि फलकाले फलानि च।
सञ्चूर्ण्य पिचुमर्दस्य त्वङ्मूलानि दलानि च।।८६।।

द्विरंशानि समाहृत्य भागिकानि प्रकल्पयेत्।
त्रिफला त्र्यूषणं ब्राह्मी श्वदंष्ट्रारुष्कराग्निकाः।।८७।।

विडङ्गसारवाराहीलौहचूर्णामृताः समाः।
हरिद्राद्वयावल्गुजव्याधिघाताः सशर्कराः।।८८।।

कुष्ठेन्द्रयवपाठाश्च कृत्वा चूर्णं सुसंयुतम्।
खदिरासननिम्बानां घनक्वाथेन भावयेत्।।८९।।

सप्तधा पञ्चनिम्बञ्च मार्कवस्वरसेन च।
स्निग्धशुद्धतनुर्धीमान् योजयेच्च शुभे दिने।।९०।।

मधुना तिक्तहविषा खदिरासनवारिणा।
सेव्यमुष्णाम्बुना वापि कोलवृद्ध्या पलं पिबेत्।।९१।।
जीर्णे च भोजनं कार्यं स्निग्धं लघु हितञ्च यत् ।
विचर्चिकोडुम्बरपुण्डरीककापालदद्रुकिटिभालसादि।।९२।।

शतारुविस्फोटविसर्पपामाः कुष्ठप्रकोपं विविधं किलासम्।
भगन्दरं श्लीपदवातरक्तं जडान्ध्यनाडीव्रणशीर्षरोगान्।।९३।।
सर्वप्रमेहान् प्रदरांश्च सर्वान् दंष्ट्राविषं मूलविषं निहन्ति ।
स्थूलोदरः सिंहकृशोदरश्च सुश्लिष्टसन्धिर्मधुनोपयोगात्।।९४।।
समोपयोगादपि ये दशन्ति सर्पादयो यान्ति विनाशमाशु ।
जीवेच्चिरं व्याधिजराविमुक्तः शुभे रतश्चन्द्रसमानकान्तिः।।९५।।

1.	Picumarda Tvak (Nimba)	(St. Bk.)	2	Parts
2.	Picumarda phala (Nimba)	(Fr.)	2	Parts
3.	Picumarda patra (Nimba)	(Lf.)	2	Parts
4.	Picumarda mūla (Nimba)	(Rt.)	2	Parts
5.	Picumarda puṣpa (Nimba)	(Fl.)	2	Parts
6.	Harītakī	(P.)	1	Part
7.	Bibhītaka	(P.)	1	Part
8.	Āmalakī	(P.)	1	Part
9.	Śuṇṭhī	(Rz.)	1	Part
10.	Marica	(Fr.)	1	Part
11.	Pippalī	(Fr.)	1	Part
12.	Brāhmī	(Pl.)	1	Part
13.	Śvadaṃṣṭrā (Gokṣura)	(Fr.)	1	Part
14.	Aruṣkara (Śuddha Bhallātaka)	(Fr.)	1	Part
15.	Agnika (Citraka)	(Rt.)	1	Part
16.	Viḍaṅga sāra (Viḍaṅga)	(Fr.)	1	Part
17.	Vārahī	(Rt.Tr.)	1	Part
18.	Lauha cūrṇa (Lauha bhasma)		1	Part
19.	Amṛtā (Guḍūcī)	(St.)	1	Part
20.	Haridrā	(Rz.)	1	Part
21.	Dāruharidrā	(St.)	1	Part
22.	Avalaguja (Bākucī)	(Sd.)	1	Part
23.	Vyādhighāta (Āragvadha)	(Fr.P.)	1	Part

24.	Śarkarā		1	Part
25.	Kuṣṭha	(Rt.)	1	Part
26.	IndraYava (Kuṭaja)	(Sd.)	1	Part
27.	Pāṭhā	(Rt.)	1	Part
28.	Khadira Ghana kvātha (1)	(Ht.Wd.)	Q.S. for bhāvanā	7 times
29.	Asana Ghana kvātha	(Ht.Wd.)	Q.S. for bhāvanā	7 times
30.	Nimba Ghana kvātha	(St.Bk.)	Q.S. for bhāvanā	7 times
31.	Pañcanimba kvātha		Q.S. for bhāvanā	7 times
32.	Mārkava svarasa (Bhṛṅgarāja)	(Pl.)	Q.S. for bhāvanā	7 times

Dose

1g to 5 g

Anupāna

Madhu, Tiktahaviṣa, Khadira and Asana Kvātha, Uṣṇāmbu

Important Therapeutic Uses

Kṣudra Kuṣṭha (Group of minor skin diseases), Mahākuṣṭha (Group of major skin diseases)

Special Precaution

Note :1. Bhāvanā should be given seven times with Drug No.28 to 32

7 : 12 PALĀŚABĪJĀDI CŪRṆA

(Rasoddhāratantra; Kṛmiroga)

1.	Palāśa bīja	(Sd.)	1	part
2.	IndraYava (Kuṭaja)	(Sd.)	1	part
3.	Viḍaṅga	(Fr.)	1	part
4.	Nimba bīja	(Sd.)	1	part
5.	Cirāyatā (Kirātatikta)	(Pl.)	1	part

Dose

1 g to 3 g

Anupāna

Guḍa

Important Therapeutic Uses

Kṛmi Roga (Worm infestation)

7 : 13 MUSALĪ CŪRṆA

(Śārṅgadharasaṃhitā, Madhyamakhaṇḍa Adhyāya 6: 158)

मुसलीकन्दचूर्णं तु गुडूचीसत्त्वसंयुतम्।
वानरीगोक्षुराभ्यां च शाल्मलीशर्करामलैः।। १५८।।
आलोड्य घृतदुग्धेन पाययेत् कामवर्धनम्।

1.	Musalī kanda	(Rt.)	1	part
2.	Guḍūcī satva (Guḍūcī)	(St.)	1	part
3.	Vānarī (Ātmaguptā)	(Sd.)	1	part
4.	Gokṣura	(Fr.)	1	part
5.	Śālmalī	(Rt.)	1	part
6.	Śarkarā		1	part
7.	Āmalā (Āmalakī)	(P.)	1	part

Dose

5g to 10 g

Anupāna

Ghṛta, Dugdha

Important Therapeutic Uses

Śukra Kṣaya (Deficiency of semen), Dhvajabhaṅga (Failure of penile erection)

7 : 14 LAGHUGAṄGĀDHARA CŪRṆA

(Śārṅgadharasaṃhitā, Madhyamakhaṇḍa 6: 47-48)

मुस्तमिन्द्रयवं बिल्वं लोध्रं मोचरसं तथा।।४७।।
धातकीं चूर्णयेत् तक्रगुडाभ्यां पाययेत् सुधीः।

सर्वातीसारशमनं निरुणद्धि प्रवाहिकाम्।।४८।।
लघुगङ्गाधरं नाम चूर्णं सङ्ग्राहकं परम्।

1.	Musta (Mustā)	(Rz.)	1	part
2.	IndraYava (Kuṭaja)	(Sd.)	1	part
3.	Bilva	(Fr.P.)	1	part
4.	Lodhra	(St.Bk.)	1	part
5.	Mocarasa (Śālmalī)	(Exd.)	1	part
6.	Dhātakī	(Fl.)	1	part

Dose

5g to 10 g

Anupāna

Takra 250 ml

Guḍa 1 g.

Important Therapeutic Uses

Atīsāra (Diarrhoea), Pravāhikā (Dysentery)

7 : 15 LAGHULĀI CŪRṆA

(Yogaratnākara, Atisāracikitsā: 238)

सूतं गन्धं त्रिकटुकं दीप्यकं जीरकद्वयम्।
सौवर्चलं सैन्धवं च रामठं विडमेव च।।

शक्राह्वयस्य चूर्णं तु चूर्णतुल्यं प्रदापयेत्।
सङ्ग्रहं शूलमानाहं हन्यान्नानातिसारजित्।।

1.	Sūta (Śuddha Pārada)		1	part
2.	Gandha (Śuddha Gandhaka)		1	part
3.	Śuṇṭhī	(Rz.)	1	part
4.	Marica	(Fr.)	1	part
5.	Pippalī	(Fr.)	1	part
6.	Dīpyaka (Yavānī)	(Fr.)	1	part
7.	Śveta Jīraka	(Fr.)	1	part
8.	Kṛṣṇa Jīraka	(Fr.)	1	part
9.	Sauvarcala		1	part
10.	Saindhava		1	part
11.	Rāmaṭha (Hiṅgu)	(Exd.)	1	part
12.	Viḍa Lavaṇa		1	part
13.	Śakrāhvaya (Kuṭaja)	(Sd.)	1	part

Dose

5g to 10 g

Important Therapeutic Uses

Śūla (Colicky Pain), Ānāha (Distension of abdomen due to obstruction to passage of urine and stools), Atīsāra (Diarrhoea)

7 : 16 LAVAṄGĀDI CŪRṆA

(Bhaiṣajyaratnāvalī, Strīrogādhikāra : 306-310)

लवङ्गं टङ्कणं मुस्तं धातकीबिल्वधान्यकम्।
जातीफलं सर्जकञ्च शताह्वा दाडिमं तथा।।३०६।।

जीरकं सैन्धवं मोचं नीलोत्पलरसाञ्जनम्।
अभ्रकं वङ्गकञ्चैव समङ्गा रक्तचन्दनम्।।३०७।।

चव्यं चातिविषा शृङ्गी खदिरं बालकं समम्।
भृङ्गराजरसैः प्लाव्यं भावयित्वा दिनत्रयम्।।३०८।।

छागीदुग्धेन मतिमान् गर्भिणीमनुपानतः।
एतच्चूर्णं प्रदातव्यं सङ्ग्रहग्रहणीहरम्।।३०९।।

नानावर्णमतीसारं ज्वरं चैव नियच्छति।
आमरक्तातिसारघ्नं शूलशोथनिषूदनम्।।३१०।।

1.	Lavaṅga	(Fl.)	1	part
2.	Taṅkaṇa (Śuddha)		1	part
3.	Musta (Mustā)	(Rz.)	1	part
4.	Dhātakī	(Fl.)	1	part
5.	Bilva	(Fr.P.)	1	part
6.	Dhānyaka	(Fr.)	1	part
7.	Sarjaka	(Exd.)	1	part
8.	Jātīphala	(Fr.)	1	part
9.	Śatāhvā	(Fr.)	1	part
10.	Dāḍima	(Fr.)	1	part
11.	Jīraka (Śveta jīraka)	(Fr.)	1	part

12.	Saindhava		1	part
13.	Moca (Śālmalī)	(Exd.)	1	part
14.	Nīlotpala (Utpala)	(Fl.)	1	part
15.	Rasāñjana (Dāruharidrā)		1	part
16.	Abhraka bhasma		1	part
17.	Vaṅga bhasma		1	part
18.	Samaṅgā (Lajjālu)	(Rt.)	1	part
19.	Raktacandana	(Ht.Wd.)	1	part
20.	Cavya	(St.)	1	part
21.	Ativiṣā	(Rt.)	1	part
22.	Śṛṇgi (Karkaṭaśṛṅgī)	(Gl.)	1	part
23.	Khadira	(Ht.Wd.)	1	part
24.	Bālaka (Hrīvera)	(Rt.)	1	part
25.	Bhṛṅgarāja Svarasa	(Pl.)	Q.S. for bhāvanā 3 days	

Dose

5g to 10 g

Anupāna

Chāgakṣīra (Specially for Garbhiṇī)

Important Therapeutic Uses

Grahaṇī (Malabsorption syndrome), Atīsāra (Diarrhoea), Āmātīsāra (Diarrhoea due to indigestion/ Āma), Raktātīsāra (Diarrhoea with Bleeding), Śūla (Colicky Pain), Śotha (Inflammation)

7 : 17 VIḌAṄGĀDI CŪRṆA

(Cakradatta, Kṛmicikitsā: 7)

विडङ्गसैन्धवक्षारकम्पिल्लकहरीतकीः ।

पिबेत् तक्रेण सम्पिष्य सर्वक्रिमिनिवृत्तये।।७।।

1.	Viḍaṅga	(Fr.)	1	part
2.	Saindhava		1	part
3.	Kṣāra (Yavakṣāra)		1	part
4.	Kampillaka	(Hairs in the fruit)	1	part
5.	Harītakī	(P.)	1	part

Dose

3g to 5 g

Anupāna

Takra

Important Therapeutic Uses

Kṛmi Roga (Worm infestation)

7 : 18 SAMA ŚARKARĀ CŪRṆA

(Bhaiṣajyaratnāvalī, Arśorogādhikāra: 88)

शुण्ठीकणामरिचनागदलत्वगेलं चूर्णीकृतं क्रमविवर्द्धितमूर्ध्वमन्त्यात्।

खादेदिदं समसितं गुदजाग्निमान्द्यकासारुचिश्वसनकण्ठहृदामयेषु ।।८८।।

1.	Śuṇṭhī	(Rz.)	7	Part
2.	Kaṇā (Pippalī)	(Fr.)	6	Part
3.	Marica	(Fr.)	5	Part
4.	Nāga (Nāgakeśara)	(Fl.)	4	Part
5.	Dala (Tejapatra)	(Lf.)	3	Part

6.	Tvak	(St. Bk.)	2	Part
7.	Elā (Sūkṣmailā)	(Sd.)	1	Part
8.	Sitā		28	Part

Dose

2g to 5 g

Important Therapeutic Uses

Agnimāndya (Digestive impairment), Kāsa (Cough), Aruci (Tastelessness), Śvāsa (Dyspnoea/Asthma), Kaṇṭharoga (Disorders of Throat), Hṛdroga (Heart disease)

7 : 19 SĀRASVATA CŪRṆA

(Bhāvaprakāśa, Unmādādhikāra 22: 46-47)

कुष्ठाश्वगन्धे लवणाजमोदे द्वे जीरके त्रीणि कटूनि पाठा।
मङ्गल्यपुष्पी च समान्यमूनि सर्वैः समानाञ्च वचां विचूर्ण्य ।।
ब्राह्मी रसेनाखिलमेव भाव्यं वारत्रयं शुष्कमिदं हि चूर्णम् ।
अक्षप्रमाणं मधुना घृतेन लिह्यान्नरः सप्तदिनानि चूर्णम् ।।

1.	Kuṣṭha	(Rt.)	1	part
2.	Aśvagandhā	(Rt.)	1	part
3.	Lavaṇa (Saindhava Lavaṇa)		1	part
4.	Ajamodā	(Fr.)	1	part
5.	Śveta Jīraka	(Fr.)	1	part
6.	Kṛṣṇa Jīraka	(Fr.)	1	part
7.	Śuṇṭhī	(Rz.)	1	part
8.	Marica	(Fr.)	1	part
9.	Pippalī	(Fr.)	1	part
10.	Pāṭhā	(Rt.)	1	part

11.	Māṅgalyapuṣpī (Śaṅkhapuṣpī)	(Pl.)	1	part
12.	Vacā	(Rz.)	1	part
13.	Brāhmī rasa (Brāhmī)	(Pl.)	Q.S. for bhāvanā	

Dose

3 g to 5 g

Anupāna

Madhu, Ghṛta

Important Therapeutic Uses

Apasmāra (Epilepsy), Unmāda (Mania/Psychosis)

8. TAILA

Definition:

Tailas are preparations in which taila is boiled with prescribed Kaṣāyas (Decoction) and kalkas of drugs according to the formula. This process ensures absorption of the active therapeutic properties of the ingredients used.

General Method of preparation:

1. There are generally three essential components for the preparation of sneha (Ghṛta Or Taila) Viz:-

(i) drava (a liquid which may be one or more as Kaṣāya, Svarasa, Dugdha, Mastu, etc.);

(ii) kalka (a fine paste of the drug(s);

(iii) sneha dravya (taila, Mūrcchita[1] Taila etc.)

2. Generally, unless otherwise mentioned in the text, if kalka is one part by weight, sneha should be four parts and the drava-dravya should be sixteen parts. Exceptions are:

(i) Where no drava is prescribed, four parts of water is added to one part of sneha; the kalka is one fourth the weight of the sneha.

(ii) Where drava dravya is Kvātha Kalka should be one-sixth of sneha.

(iii) Where drava dravya is Svarasa, Kṣīra, Takra, Dadhi the kalka should be one-eighth of sneha and four times water is added for good Pāka.

(iv) Where the number of drava dravyas is four or less than four, each drava has to be taken four times the weight of sneha.

(v) Where the number of drava dravyas are five or more, each drava will be equal in weight to the sneha.

(vi) If in a preparation, no kalka dravya is prescribed, then the drugs of the Kaṣāya may be used as kalka.

3. The kalka and the drava are mixed together, sneha is then added boiled on mild fire and stirred well continuously so that the kalka is not allowed to adhere to the vessel. Some times the drava-dravyas are directed to be added one after another as the process of boilling is continued till the drava-dravyas added earlier has evaporated.

4. When all the drava-dravyas have evaporated, the moisture in the kalka will also begin to evaporate; at this stage, it has to be stirred more often and carefully to ensure that the kalka does not stick to the bottom of the vessel. The kalka is taken out of the ladle and tested from time to know the condition and stage of the Pāka.

5. There are three stages of Pāka:

(i) Mṛdu Pāka

(ii) Madhyama Pāka And

(iii) Khara Pāka.

In Mṛdu Pāka kalka is waxy and when rolled between the fingers rolls like lac without sticking. In Madhyama pāka, Kalka is harder and when put in fire burns without any cracking noise. A further degree of heating leads to khara Pāka. Any further heating will lead to dagdha Pāka and the sneha becomes unfit for use. When the taila attains the correct Pāka stage froth comes out.

6. In the sneha group Śarkara, if mentioned is added in fine powder form to the final product when cool.

7. where the Pāka is to be done with Kvātha, Svarasa, Dugdha and Māṃsarasa, etc., the Pāka is to be done with these dravas separately in the above order. The period of Pāka[2] with various dravyas should be as below:

(i) Kvātha, Āranāla, Takra, Etc.-5days.

(ii) Svarasa -3days.

(iii) Dugdha -2days.

(iv) Māṃsa Rasa -1day.

8. Pātrapāka: Pātrapāka is the process by which the sneha is flavoured or augmented by certain soluble or mixable subastances. The powders of the drugs are placed in the vessel into which fairly warm sneha is filtered.

9. Mṛdupāka sneha is used for nasya; Madhyamapāka is used for Pāna, Vasti, etc.; Kharapāka sneha is used only for Abhyaṅga.

10. In the beginning the boilling should be on mild fire (Mṛdvagni) and in the end also it should be only on mild fire.

11. Whenever Lavaṇas and Kṣāras are used in these preparations, they are added to the sneha

and then strained.

Characteristics:

Taila will generally have the colour, odour and taste of drugs used and have the consistency of the oil. When considerable quantity of milk is used in the preparation, the oil becomes thick due to Ghṛta and in cold season may condense further.

Preservation:

Tailas are preserved in glass, polythene or aluminium containers. Preparations for internal use keep their potency for about sixteen months.

Method of use:

Tailas are generally used for Abhyaṅga. some of them are also used internally and in Ayurvedic texts various types of Anupānas are described for this purpose. When no such Anupāna is mentioned it should be taken with warm water or warm milk.

Note:

1. The process of Mūrcchana is mentioned in Paribhāṣākhaṇḍa
2. Period as mentioned in Vaidyaka Paribhāṣā pradīpa, which is reproduced below.

' kṣīrae dvirātraṃ svarasae trirātraṃ takrāranālādiṣu pañcarātram
snaehaṃ pacet vaidyavaraḥ prayatnāt........'

8 : 1 APĀMĀRGA KṢĀRA TAILA

(Bhaiṣajyaratnāvalī, Karṇarogādhikāra: 26)

मार्गक्षारजलेन च तत्कृतकल्केन साधितं तैलम्।
अपहरति कर्णनादं बाधिर्यञ्चापि पूरणतः।।२६।।

1.	Mārgakṣārajala (Apāmārga)		1	part
2.	Jala		16	Parts
3.	Tila taila	(Ol.)	4	Parts
	Kalka Dravya			
4.	Apāmārga	(Pl.)	1	Part

Dose

2 to 5 drops in each ear

Important Therapeutic Uses

Karṇanāda (Tinnitus), Bādhirya (Deafness)

8 : 2 AŚVAGANDHĀ TAILA

(Cakradatta, Vātavyādhi Cikitsā : 141-145)

शतं पक्त्वाश्वगन्धाया जलद्रोणेंऽशशेषितम्।
विस्राव्य विपचेत् तैलं क्षीरं दत्त्वा चतुर्गुणम्।।१४१।।

कल्कैर्मृणालशालूकबिसकिञ्जल्कमालती।
पुष्पैर्ह्रीबेरमधुकशारिवापद्मकेशरैः।।१४२।।

मेदापुनर्नवाद्राक्षामञ्जिष्ठाबृहतीद्वयैः।
एलैलवालुत्रिफलामुस्तचन्दनपद्मकैः।।१४३।।

पक्वं रक्ताश्रयं वातं रक्तपित्तमसृग्दरम्।
हन्यात् पुष्टिबलं कुर्यात् कृशानां मांसवर्द्धनम्।।१४४।।

रेतोयोनिविकारघ्नं व्रणदोषापकर्षणम्।
षण्ढानपि वृषान् कुर्यात् पानाभ्यङ्गानुवासनैः।।१४५।।

1.	Aśvagandhā	(Rt.)	4.800	kg
2.	Jala		12.288	l
	reduced to		3.072	l
3.	Tila taila	(Ol.)	768	ml
4.	Kṣīra (Godugdha)		3.072	l
	Kalka Dravya			
5.	Mṛṇāla (Kamala)	(Fl.)	192	g

6.	Śālūka (Kamala)	(Rt.Tr.)	192	g
7.	Bisa (Kamala)	(St.)	192	g
8.	Kiñjalka (Kamala)	(Adr.)	192	g
9.	Mālatī puṣpa (Jātī)	(Fl.)	192	g
10.	Hrīvēra	(Rt.)	192	g
11.	Madhuka (Yaṣṭī)	(Rt.)	192	g
12.	Śārivā (Śveta Sārivā)	(Rt.)	192	g
13.	Padmakeśara (Kamala)	(Adr.)	192	g
14.	Medā	(Sub.Rt.)	192	g
15.	Punarnavā (Rakta Punarnavā)	(Rt.)	192	g
16.	Drākṣā	(Dr.Fr.)	192	g
17.	Mañjiṣṭhā	(St.)	192	g
18.	Bṛhatī	(Rt.)	192	g
19.	Kaṇṭakārī	(Rt.)	192	g
20.	Elā	(Sd.)	192	g
21.	Elavāluka (Elavāla)	(Sd.)	192	g
22.	Harītakī	(P.)	192	g
23.	Bibhītaka	(P.)	192	g
24.	Āmalakī	(P.)	192	g
25.	Musta (Mustā)	(Rz.)	192	g
26.	Candana (Śveta candana)	(Ht.Wd.)	192	g
27.	Padmaka	(St.)	192	g

Dose

30ml to 50 ml for Anuvāsana Basti, Abhyaṅgārtha

Important Therapeutic Uses

Vātaroga (Disease due to Vāta doṣa), Raktapitta (Bleeding disorder), Asṛgdara (Menorrhagia or Metrorrhagia or both), Yoni Vikāra (Disorder of Vagina), Māṃsa Kṣaya (Muscle Atrophy)

8 : 3 KUBJAPRASĀRAṆĪ TAILA

(Bhaiṣajyaratnāvalī, Vātavyādhyādhikara: 260-264)

प्रसारणीशतं क्षुण्णं पचेत्तोयार्मणे शुभे।
पादशेषे समं तैलं दधि दद्यात् सकाञ्जिकम्।।२६०।।

द्विगुणञ्च पयो दत्त्वा कल्कान् द्विपलिकांस्तथा।
चित्रकं पिप्पलीमूलं मधुकं सैन्धवं बलाम्।।२६१।।

शतपुष्पां देवदारु रास्नां वारणपिप्पलीम्।
प्रसारण्याश्च मूलानि मांसी भल्लातकानि च।।२६२।।
पचेन्मृद्वग्निना तैलं वातश्लेष्मामयाञ् जयेत्।
अशीतिं नरनारीस्थान् वातरोगान् व्यपोहति।।२६३।।

कुब्जस्तिमितपङ्गुत्वं गृध्रसीखुडकार्दितम्।
हनुपृष्ठशिरोग्रीवास्तम्भं चाशु नियच्छति।।२६४।।

1.	Prasāraṇī (Prasāriṇī)	(Pl.)	4.800	kg	
2.	Water for Decoction		12.288	l	
	reduced to		3.072	l	
3.	Tila taila	(Ol.)		3.072	l
4.	Dadhi (Godadhi)		3.072	l	
5.	Kāñjīka		3.072	l	
6.	Payas (Godugdha)		6.144	l	
	Kalka Dravya				
7.	Citraka	(Rt.)	96	g	
8.	Pippalīmūla	(Rt.)	96	g	
9.	Madhuka (Yaṣṭī)	(Rt.)	96	g	
10.	Saindhava		96	g	
11.	Balā	(Rt.)	96	g	

12.	Śatapuṣpā (Śatāhvā)	(Fr.)	96	g
13.	Dēvadāru	(Ht.Wd.)	96	g
14.	Rāsnā	(Rt. /Lf.)	96	g
15.	Vāraṇapippalī (Gajapippalī)	(Fr.)	96	g
16.	Prasāraṇī mūla	(Rt.)	96	g
17.	Māṃsī (Jaṭāmāṃsī)	(Rt.)	96	g
18.	Bhallātaka (Śuddha)	(Fr.)	96	g

Dose

To be used for Abhyaṅga

Important Therapeutic Uses

Vātaroga (Disease due to Vāta doṣa), Kubjatā (Dwarfism), Stimita (Feeling of Numbness), Paṅgutva (Paraplegia), Gṛdhrasī (Sciatica), Khuḍaka (Limping), Ardita (Facial palsy), Hanustambha (Lock jaw), Pṛṣṭha Stambha (Stiffness of the Lower back), Śirograha (Stiffness in head), Grīvā Stambha (Neck Stiffness), Vataśleṣmaja Roga (Disorders of Vāta Kapha doṣa)

8 : 4 KṢĀRA TAILA

(Śārṅgadharasaṃhitā, Madhyamakhaṇḍa Adhyāya 9: 174-177)

बालमूलकशिम्बीनां क्षारः क्षारयुगं तथा।।१७४।।

लवणानि च पञ्चैव हिङ्गु शिग्रु महौषधम्।
देवदारु वचा कुष्ठं शतपुष्पा रसाञ्जनम्।।१७५।।

ग्रन्थिकं भद्रमुस्तं च कल्कैः कर्षमितैः पृथक्।
तैलप्रस्थं च विपचेत् कदलीबीजपूरयोः।।१७७।।
रसाभ्यां मधुशुक्तेन चातुर्गुण्यमितेन च ।
पूयस्रावं कर्णनादं शूलं बधिरतां कृमीन् ।।१७७।।
अन्यांश्च कर्णजान् रोगान् मुखरोगांश्च नाशयेत्।

Kalka Dravya

1.	Bālamūlaka kṣāra (Mūlaka)		12	g	
2.	Svarjikā kṣāra		12	g	
3.	Yavakṣāra		12	g	
4.	Viḍa Lavaṇa		12	g	
5.	Sāmudra Lavaṇa		12	g	
6.	Romaka Lavaṇa		12	g	
7.	Saindhava Lavaṇa		12	g	
8.	Sauvarcala Lavaṇa		12	g	
9.	Hiṅgu	(Exd.)	12	g	
10.	Śigru	(Rt.Bk.)	12	g	
11.	Mahauṣadha (Śuṇṭhī)	(Rz.)	12	g	
12.	Devadāru	(Ht.Wd.)	12	g	
13.	Vacā	(Rz.)	12	g	
14.	Kuṣṭha	(Rt.)	12	g	
15.	Rasāñjana (Dāruharidrā)	(Solid Ext.)	12	g	
16.	Śatapuṣpā (Śatāhvā)	(Fr.)	12	g	
17.	Granthika (Pippalīmūla)	(Rt.)	12	g	
18.	Bhadra Musta (Mustā)	(Rz.)	12	g	
19.	Tila taila	(Ol.)		768	ml
20.	Kadalī kanda svarasa	(Rt.)	3.072	l	
21.	Bījapūra svarasa (Mātuluṅga)	(Fr.)		3.072	l
22.	Madhu śukta		3.072	l	

Dose

Karṇapūraṇa Q. S.

Important Therapeutic Uses

Pūyasrāva (Secretion of pus), Karṇanāda (Tinnitus), Karṇaśūla (Otalgia), Badhiratva

(Deafness), Karṇa Kṛmi (Worm infestation in Ear)

Note: Manufacturing process of Madhuśukta is described in Śārṅgadhara saṃhitā after the yoga Kṣāra taila.

8 : 5 GUḌŪCYĀDI TAILA

(Bhāvaprakāśa, Vātarakta : 132-137)

तुलां पचेज्जलद्रोणे गुडूच्याः पादशेषितम्।
क्षीरद्रोणन्तु ताभ्यां च पचेत्तैलाढकं शनैः।।१३२।।

कल्कैर्मधुकमञ्जिष्ठाजीवनीयगणोत्थितैः।
कुष्ठैलाऽगुरुमृद्वीका मांसी व्याघ्रनखं नखी।।१३३।।

हरेणुः श्रावणी व्योषं शताह्वा शृङ्गिसारिवे।
त्वक्पत्रागुरुविक्रान्ताः स्थिरा तामलकी तथा।।१३४।।

नतकेशरह्रीबेरं पद्मकोत्पलचन्दनम्।।
सिद्धं कर्षसमैर्भागैः पानाभ्यङ्गानुवासनैः।।१३५।।

सेव्यं वातास्रजान्हन्ति स्रोतोधात्वन्तराश्रितान्।
धन्यं पुंसवनं स्त्रीणां गर्भदं वातपित्तनुत्।।१३६।।

स्वेदकण्डूरुजाऽऽयामशिरःकम्पामयार्दितान्।
हन्याद् व्रणकृतान्दोषान्गुडूचीतैलमुत्तमम्।।१३७।।

1.	Guḍūcī	(St.)	4.800 kg
2.	Jala		12.288 l
	reduced to		3.072 l
3.	Kṣīra (Godugdha)		12.288 l
4.	Taila (Tila)	(Ol.)	3.072 kg

Kalka Dravya

5.	Madhuka (Yaṣṭī)	(Rt.)	12	g
6.	Mañjiṣṭhā	(St.)	12	g
7.	Śatāvarī	(Rt.)	12	g
8.	Medā	(Sub.Rt.)	12	g
9.	Jīvaka	(Sub.Rt.)	12	g
10.	Jīvantī	(Rt.)	12	g
11.	Ṛṣbhaka	(Sub.Rt.)	12	g
12.	Kuṣṭha	(Rt.)	12	g
13.	Elā	(Sd.)	12	g
14.	Aguru (Agaru)	(Ht.Wd.)	12	g
15.	Mṛdvīkā (Drākṣā)	(Dr.Fr.)	12	g
16.	Māṃsī (Jaṭāmāṃsī)	(Rt. + Rz.)	12	g
17.	Vyāghranakha		12	g
18.	Nakhī		12	g
19.	Hareṇu (Harēṇukā)	(Sd.)	12	g
20.	Śrāvaṇī (Muṇḍītikā)	(Fl.)	12	g
21.	Śuṇṭhī	(Rt.)	12	g
22.	Marica	(Fr.)	12	g
23.	Pippalī	(Fr.)	12	g
24.	Śatāhvā	(Fr.)	12	g
25.	Śṛṇgi (Karkataśṛṅgī)	(Gl.)	12	g
26.	Sārivā (Śveta Sārivā)	(Rt.)	12	g
27.	Tvak	(St.Bk.)	12	g
28.	Patra (Tejapatra)	(Lf.)	12	g
29.	Aguru (Agaru)	(Ht.Wd.)	12	g
30.	Vikrāntā (Agnimantha)	(Rt.)	12	g
31.	Sthirā (Śālaparṇī)	(Rt.)	12	g
32.	Tāmalakī (Bhūmyāmalakī)	(Pl.)	12	g

33.	Nāgakēśara	(Adr.)	12	g
34.	Hrībera (Hrīvera)	(Rt.)	12	g
35.	Padmaka	(St.)	12	g
36.	Utpala	(Fl.)	12	g
37.	Candana (Śveta candana)	(Ht.Wd.)	12	g

Use

Abhyaṅga, Anuvāsanārtha

Important Therapeutic Uses

Vātarakta (Gout), Sveda (Sweat), Kaṇḍū (Itching), Rujā (Pain), Āyāma (Stretching), Śiraḥkampa (Tremor/Shaking of head), Ardita (Facial palsy), Varṇa Vikāra (Pigmentation disorder)

8 : 6 DAŚAMŪLA TAILA

(Bhaiṣajyaratnāvalī, Śirorogādhikāra: 65-69)

पञ्च पञ्चपलं नीत्वा पञ्चमूलीयुगात् पृथक्।
विपाचयेज्जलद्रोणे चाष्टभागावशेषितम्।।६५।।

आर्द्रकस्य रसप्रस्थं निर्गुण्ड्यास्तत्समं भवेत्।
पञ्चकोलं त्र्यूषणञ्च जीरकद्वयसर्षपम्।।६६।।

सैन्धवञ्च यवक्षारं त्रिवृता च निशाद्वयम्।
तोयञ्च द्विगुणं दत्त्वा कल्कमक्षसमं विदुः।।६७।।

सर्वैरेभिपचेत्तैलं शिरोरोगं व्यपोहति।
ऊर्ध्वजत्रुजरोगघ्नं वातश्लेष्मगदापहम्।।६८।।

एकजे द्वन्द्वजे चैव तथैव सान्निपातिके।
अर्द्धावभेदके चैव सूर्यावर्ते प्रशस्यते।
पानाभ्यञ्जननस्येन कर्णरोगे च शस्यते।।६९।।

1.	Bilva	(Rt.)	240	g	
2.	Śyonāka	(Rt.)	240	g	
3.	Gambhārī	(Rt.)	240	g	
4.	Pāṭalā	(Rt.)	240	g	
5.	Agnimantha	(Rt.)	240	g	
6.	Śālaparṇī	(Rt.)	240	g	
7.	Pṛṣniparṇī	(Rt.)	240	g	
8.	Bṛhatī	(Rt.)	240	g	
9.	Kaṇṭakārī	(Rt.)	240	g	
10.	Gokṣura	(Rt.)	240	g	
11.	Jala		12.288	l	
	reduced to		1.536	l	
12.	Ārdraka Svarasa	(Rz.)	768	ml	
13.	Nirguṇḍī Svarasa	(Lf.)	768	ml	
	Kalka Dravya				
14.	Pippalī	(Fr.)	12	g	
15.	Pippalīmūla	(Rt.)	12	g	
16.	Cavya	(St.)	12	g	
17.	Citraka	(Rt.)	12	g	
18.	Śuṇṭhī	(Rz.)	12	g	
19.	Śuṇṭhī	(Rz.)	12	g	
20.	Marica	(Fr.)	12	g	
21.	Pippalī	(Fr.)	12	g	
22.	Śveta Jīraka	(Fr.)	12	g	
23.	Kṛṣṇa Jīraka	(Fr.)	12	g	
24.	Sarṣapa	(Sd.)		12	g
25.	Saindhava		12	g	
26.	Yavakṣāra		12	g	

27.	Trivṛtā (Trivṛt)	(Rt.)	12	g	
28.	Haridrā	(Rz.)	12	g	
29.	Dāruharidrā	(St.)	12	g	
30.	Jala		384	ml	
31.	Tila taila	(Ol.)		768	ml

Use

For Nasya: 2-5 drops in each nostril. For abhyaṅga: required quantity. For internal use: 10 to 60 drops.

Important Therapeutic Uses

Śiroroga (Disease of head), Ūrdhva Jatrugata Roga (Diseases of head and neck), Ardhāvabhedaka (Migraine), Sūryāvarta (Sinusitis), Karṇa Roga (Disease of ear)

8 : 7 PAÑCA GUṆA TAILA

(Siddhayogasaṅgraha, Vātarogādhikāra; Adhyāya 20: 17)

1.	Harītakī	(P.)	60	g	
2.	Āmalakī	(P.)	60	g	
3.	Bibhītaka	(P.)	60	g	
4.	Nimba Patra	(Lf.)	180	g	
5.	Sambhālū Patra (Nirguṇḍī)	(Lf.)	180	g	
6.	Jala		4.320	l	
	reduced to		1.080	l	
7.	Tila taila	(Ol.)		960	ml
8.	Moma (Madhucchiṣṭa)		48	g	
9.	Gandhavirojā (Sarala)	(Resin)	48	g	
10.	Śilā rasa (Turuṣka)	(Exd.)	48	g	
11.	Rāla (Śāla)	(Exd.)	48	g	

12.	Guggulu śuddha	(Exd.)	48	g
13.	Karpūra		60	g
14.	Tārapīna taila		30	ml
15.	Tailaparṇa (Nīlagirī) [Eucalyptus oil]		30	ml
16.	Kejopuṭī Taila		30	ml

Use

Used externally

Important Therapeutic Uses

Sandhivāta (Osteoarthritis), Karṇaśūla (Otalgia), Vraṇopacāra (Ulcer debriding agent)

8 : 8 PIPPALYĀDI TAILA

(Aṣṭāṅgahṛdaya; Cikitsāsthāna, Arśacikitsā: 89-92)

पिप्पली मदनं बिल्वं शताह्वां मधुकं वचाम्।
कुष्ठं शटीं पुष्कराख्यं चित्रकं देवदारु च।।८९।।

पिष्ट्वा तैलं विपक्तव्यं द्विगुणक्षीरसंयुतम्।
अर्शसां मूढवातानां तच्छ्रेष्ठमनुवासनम्।।९०।।

गुदनिस्सरणं शूलं मूत्रकृच्छ्रप्रवाहिकाम्।
कट्यूरुपृष्ठदौर्बल्यमानाहं वङ्क्षणाश्रयम्।।९१।।

पिच्छास्रावं गुदे शोफे वातवर्चोविनिग्रहम्।
उत्थानं बहुशो यच्च जयेत्तच्चानुवासनात्।।९२।।

1.	Pippalī	(Fr .)	70	g
2.	Madana	(Fr .)	70	g
3.	Bilva	(Fr.P.)	70	g
4.	Śatāhvā	(Fr.)	70	g

5.	Madhuka (Yaṣṭī)	(Rt.)	70	g
6.	Vacā	(Rz.)	70	g
7.	Kuṣṭha	(Rt.)	70	g
8.	Śaṭī	(Rz.)	70	g
9.	Puṣkara	(Rt.)	70	g
10.	Citraka	(Rt.)	70	g
11.	Dēvadāru	(Ht.Wd.)	70	g
12.	Tila taila	(Ol.)		3.082 l
13.	Kṣīra (Godugdha)		6.164	l
14.	Jala		12.328	l

Use

as Anuvāsana basti in Arśa

Important Therapeutic Uses

Gudabhraṃśa (Prolapse of the rectum), Guda Śūla (Pain in the anorectal area), M ūtrakṛcchra (Dysuria), Pravāhikā (Dysentery), Kaṭiūrupṛṣṭha Daurbālya (Weaknes and lower backache radiating to thighs), Ānāha (Distension of abdomen due to obstruction to passage of urine and stools), Picchāsrāva (Mucoid discharge), Guda Śopha (Swelling in the anorectal area)

8 : 9 BṚHANMARICĀDYA TAILA

(Yogaratnākara, Vātaraktacikitsā)

मरिचं त्रिवृता दन्तीं क्षीरमार्कं शकृद्रसः।
देवदारु हरिद्रे द्वे मांसी कुष्ठं सचन्दनम्।।१।।

विशाला करवीरं च हरितालं मनःशिला।
चित्रकं लाङ्गली चापि विडङ्गं चक्रमर्दकम्।।२।।

शिरीषं कुटजो निम्बः सप्तपर्णाऽमृता स्नुही।

शम्याको नक्तमालश्च खदिरः पिप्पली वचा।।३।।

ज्योतिष्मती च पलिका विषस्य द्विपलं मतम्।
आढकं कटुतैलस्य गोमूत्रं च चतुर्गुणम्।।४।।

मृत्पात्रे लोहपात्रे व शनैर्मृद्वग्निना पचेत्।
एतत्तैलं विशेषेण नाशयेत्कुष्ठजान्व्रणान्।।५।।

वातरक्तभवान्व्याधीन्पामाविस्फोटविचर्चिकाम्।

1.	Marica	(Fr.)	48	g
2.	Trivṛtā (Trivṛt)	(Rt.)	48	g
3.	Dantī	(Rt.)	48	g
4.	Arka kṣīra (Arka)	(L.)	48	g
5.	Gomayarasa		48	g
6.	Devadāru	(Ht.Wd.)	48	g
7.	Haridrā	(Rz.)	48	g
8.	Dāruharidrā	(St.)	48	g
9.	Māṃsī (Jaṭāmāṃsī)	(Rt. + Rz.)	48	g
10.	Kuṣṭha	(Rt.)	48	g
11.	Candana (Śveta candana)	(Ht.Wd.)	48	g
12.	Viśālā	(Rt.)	48	g
13.	Karavīra	(Rt.)	48	g
14.	Haritāla		48	g
15.	Manaḥśilā		48	g
16.	Citraka	(Rt.)	48	g
17.	Lāṅgalī	(Rt.)	48	g
18.	Viḍaṅga	(Fr.)	48	g
19.	Cakramarda (Prapunṇāda)	(Sd.)	48	g
20.	Śirīṣa	(St.Bk.)	48	g
21.	Kuṭaja	(St.Bk.)	48	g
22.	Nimba	(St.Bk.)	48	g

23.	Saptaparṇa	(St.Bk.)	48	g	
24.	Amṛtā (Guḍūcī)	(St.)	48	g	
25.	Snuhī	(L.)	48	g	
26.	Śampāka (Āragvadha)	(Fr.)	48	g	
27.	Naktamāla (Karañja)	(Sd.)		48	g
28.	Khadira	(Ht.Wd.)	48	g	
29.	Pippalī	(Fr.)	48	g	
30.	Vacā	(Rz.)	48	g	
31.	Jyotiṣmatī	(Sd.)		48	g
32.	Viṣa (Śuddha Vatsanābha)	(Rz.)	96	g	
33.	Kaṭu taila (Sarṣapa)		3.730	l	
34.	Gomūtra		12	l	

Use

Used externally for Abhyaṅga

Important Therapeutic Uses

Kuṣṭha (Diseases of skin), Vraṇa (Ulcer), Vātarakta (Gout), Pāmā (Eczema), Visphoṭa (Blister), Vicarcikā (Eczema)

8 : 10 MADHYAMA NĀRĀYAṆA TAILA

(Āyurvedasaṅgraha, Vātavyādhyadhikāra: Page 702)

अश्वगन्धां बलां बिल्वं पाटलां बृहतीद्वयम्।
श्वदंष्ट्रातिबला निम्बं श्योनाकञ्च पुनर्नवाम्।।

प्रसारणीमग्निमन्थं कुर्याद् दशपलं पृथक्।
चतुर्द्रोणे जले पक्त्वा पादशेषं शृतं नयेत्।।

तैलाढकेन संयोज्य शतावर्या रसाढकम्।
प्रक्षिपेत् तत्र गोक्षीरं ततस्तैलाच्चतुर्गुणम्।।

पृथक् पलमितैः कल्कैर्द्रव्यैरेभिः पचेद्भिषक्।
वचाचन्दनकुष्ठैलामांसीशैलेयसैन्धवैः।।

अश्वगन्धाबलारास्नाशतपुष्पादारुभिः।
पर्णीचतुष्टयेनैव तगरेण प्रसादयेत्।।

तत् तैलं भोजनेऽभ्यङ्गे पाने वस्तौ च योजयेत्।
पक्षाघातं हनुस्तंभं मन्यास्तम्भं गलग्रहम्।।

कुब्जत्वबधिरत्वं च गतिभङ्गं कटिग्रहम्।
गात्रं शोषयेदिन्द्रियध्वंसं शुक्रनाशं ज्वरक्षयम्।।

आंत्रवृद्धिं कुरण्डं च दन्तरोगं शिरोग्रहम्।
पार्श्वशूलञ्च पङ्गुत्वं बुद्धिनाशञ्च गृध्रसीम्।।

अन्यांश्च विविधान् वातान् हरेत् सर्वाङ्गसंश्रयम्।
अस्य प्रभावाद् बन्ध्यापि नारी पुत्रं प्रसूयते।।

यथा नारायणो देवो दृष्टदैत्यविनाशनम्।
तथेदं वातरोगाणां नाशनं तैलमुत्तमम्।।

1.	Aśvagandhā	(Rt.)	480	g
2.	Balā	(Rt.)	480	g
3.	Bilva	(Rt.)	480	g
4.	Pāṭalā	(Rt.)	480	g
5.	Bṛhatī	(Rt.)	480	g
6.	Kaṇṭakārī	(Rt.)	480	g
7.	Śvadaṃṣṭrā (Gokṣura)	(Fr.)	480	g
8.	Atibalā	(Rt.)	480	g
9.	Nimba	(St.Bk.)	480	g
10.	Śyonāka	(St.Bk.)	480	g
11.	Punarnavā (Rakta Punarnavā)	(Rt.)	480	g
12.	Prasāraṇī (Prasāriṇī)	(Pl.)	480	g
13.	Agnimantha	(Rt.)	480	g

14.	Water for Decoction		49.152	l
	reduced to		12.288	l
15.	Taila (Tila)	(Ol.)	3.072	l
16.	Śatāvarī Rasa		3.072	l
17.	Gokṣīra (Godugdha)		3.072	l
	Kalka Dravya			
18.	Vacā	(Rz.)	48	g
19.	Candana (Śveta candana)	(Ht.Wd.)	48	g
20.	Kuṣṭha	(Rt.)	48	g
21.	Elā	(Sd.)	48	g
22.	Māṃsī (Jaṭāmāṃsī)	(Rt./Rz.)	48	g
23.	Śaileya	(Pl.)	48	g
24.	Saindhava		48	g
25.	Aśvagandhā	(Rt.)	48	g
26.	Balā	(Rt.)	48	g
27.	Rāsnā	(Rt. Lf.)	48	g
28.	Śatapuṣpā (Śatāhvā)	(Fr.)	48	g
29.	Dāru (Devadāru)	(Ht.Wd.)	48	g
30.	Śālaparṇī	(Pl.)	48	g
31.	Pṛṣniparṇī	(Rt.)	48	g
32.	Māṣaparṇī	(Pl.)	48	g
33.	Mudgaparṇī	(Pl.)	48	g
34.	Tagara	(Rz.)	48	g

Dose

6g Use: It is also used for Basti and Abhyaṅga

Anupāna

Along with meals

Important Therapeutic Uses

Pakṣāghāta (Paralysis/Hemiplegia), Hanustambha (Lock jaw), Manyāstambha (Neck rigidity/Torticollis), Galagraha (Difficulty in swallowing), Kubjatā (Dwarfism), Badhiratva (Deafness), Kaṭi Graha (Stiffness in lumbo-sacral region), Gātraśoṣa (Wasting of limbs), Śukra Kṣaya (Deficiency of semen), Jvara (Fever), Kṣaya (Pthisis), Āntra Vṛddhi (Hernia), Danta Roga (Disease of tooth), Pārśva Śūla (Intercostal neuralgia and pleurodynia), Pa ṅgutva (Paraplegia), Gṛdhrasī (Sciatica), Vātaroga (Disease due to Vāta doṣa)

8 : 11 MARICĀDYA TAILA

(Bhaiṣajyaratnāvalī; Kuṣṭhādhikāra: 174-175)

मरिचालं शिलाब्दार्कपयोऽश्वारिजटा त्रिवृत्।
शकृद्रसविशालारुङ्निशायुग्दारुचन्दनैः।।१७४।।

कटुतैलात्पचेत्प्रस्थं व्दयक्षैर्विषपलान्वितैः।
सगोमूत्रैस्तदभ्यङ्गाद् दद्रुश्वित्रविनाशनम्।।
सर्वेष्वपि च कुष्ठेषु तैलमेतत्प्रशस्यते।।१७५।।

1.	Kaṭu taila (Sarṣapa)	(Ol.)		768	ml
2.	Viṣa (Śuddha Vatsanābha)	(Rt.)	48	g	
3.	Gomūtra		3	l	
	Kalka Dravya				
4.	Marica	(Fr .)	24	g	
5.	Āla (Haritāla)		24	g	
6.	Śilā (Manaḥśilā)				
7.	Abda (Mustā)	(Rz.)	24	g	
8.	Arka Payas (Arka)	(L.)	24	g	
9.	Aśvārī (Karavīra)	(Rt.)	24	g	
10.	Jaṭā (Jaṭamāṃsī)	(Rt./Rz.)	24	g	
11.	Trivṛt	(Rt.)	24	g	

12.	Śakṛdrasa (Gomayarasa)		24	g
13.	Viśālā (Indravāruṇī)	(Rt.)	24	g
14.	Ruk (Kuṣṭha)	(Rt.)	24	g
15.	Haridrā	(Rz.)	24	g
16.	Dāruharidrā	(St.)	24	g
17.	Dāru (Devadāru)	(Ht.Wd.)	24	g
18.	Candana (Śveta candana)	(Ht.Wd.)	24	g

Use

Used externally for Abhyaṅga

Important Therapeutic Uses

Dadru (Taeniasis), Śvitra (Leucoderma/Vitiligo), Kuṣṭha (Diseases of skin)

8 : 12 MAHĀLĀKṢĀDI TAILA

(Āyurveda Saṅgraha, Jvarādhikāra: Page 439)

लाक्षारसाढके प्रस्थं तैलस्य विपचेद्भिषक्।
मस्त्वाढकसमायुक्तं पिष्ट्वा चात्र समावयेत्।।

शतपुष्पाम् हरिद्राञ्च मूर्वा कुष्ठं हरेणुकम्।
कटुकां मधुकं रास्नामश्वगन्धाञ्च दारू च।।

मुस्तकं चन्दनञ्चैव पृथगक्षसमानकैः।
द्रवैरेतैस्तु तैलं सिद्धमभ्यङ्गान्मारूतापहम्।।

विषमाढयान् ज्वरान् सर्वानाश्यतथैव प्रशमं नयेत्।
कासं श्वासं प्रतिश्यायं कण्डूदौर्गन्धगौरवम्।।

त्रिक् पृष्ठ कटिशूलं गात्राणां कुट्टनं तथा।
पापालक्ष्मीप्रशमनं सर्वग्रहविनाशनम्।।

अश्विभ्यां निर्मितं श्रेष्ठं तैलं लाक्षादिकं महत्।
लाक्षायाः षड्गुणं तोयं दत्वेकविंशवारकम्।।
परिस्त्राव्य जलं ग्राह्यं किंवा क्वाथयथोचितम्।

1.	Lākṣā Rasa	(Exd.)	3.072	l
2.	Taila (Tila)	(Ol.)	768	ml
3.	Mastu (Godadhi)		3.073	l
4.	Śatapuṣpā (Śatāhvā)	(Fr.)	24	g
5.	Haridrā	(Rz.)	24	g
6.	Mūrvā	(Rt.)	24	g
7.	Kuṣṭha	(Rt.)	24	g
8.	Hareṇukā (Reṇukā)	(Sd.)	24	g
9.	Kaṭukā	(Rt.)	24	g
10.	Madhuka (Yaṣṭī)	(Rt.)	24	g
11.	Rāsnā	(Rt.)	24	g
12.	Aśvagandhā	(Rt.)	24	g
13.	Dāru (Devadāru)	(Ht.Wd.)	24	g
14.	Mustaka (Mustā)	(Rz.)	24	g
15.	Candana (Śveta Candana)	(Ht.Wd.)	24	g

Use

External use for Abhyaṅga

Important Therapeutic Uses

Jvara (Fever), Viṣamajvara (Intermittent fever), Kāsa (Cough), Śvāsa (Dyspnoea/Asthma), Pratiśyāya (Coryza), Kaṇḍū (Itching), Trika Śūla (Pain in sacral region), Pṛṣṭha Śūla (Backache), Kaṭi Śūla (Lower backache), Gātraśūla (Bodyache)

8 : 13 MŪṢIKĀDYA TAILA

(Bhaiṣajyaratnāvalī, Kṣudrarogādhikāra: 37)

क्षीरे महत्पञ्चमूलं मूषिकामन्त्रवर्जिताम्।
पक्त्वा तस्मिन् पचेत्तैलं वातघ्नौषधसंयुतम्।
गुदभ्रंशमिदं तैलं पानाभ्यङ्गात्प्रसाधयेत्।।३७।।

1.	Bilva	(Rt.Bk.)		
2.	Śyonāka	(Rt.Bk.)		
3.	Gambhārī	(Rt.Bk.)		
4.	Pāṭalā	(Rt.Bk.)		
5.	Agnimantha	(Rt.Bk.)	Drugs 1 to 5, 2 parts in equal proportion	
6.	Mūṣikā Māṃsa (without intestine)		1	Part
7.	Kṣīra (Godugdha)		32	Parts
	reduced to		16	Parts
8.	Taila (Tila)	(Ol.)	4	Parts
	Kalka Dravya (Vātaghnauṣadha)			
9.	Bhadradāru (Devadāru)	(Ht.Wd.)		
10.	Nata (Tagara)	(Rz.)		
11.	Kuṣṭha	(Rt.)		
12.	Bilva	(Rt.)		
13.	Śyonāka	(Rt.)		
14.	Gambhārī	(Rt.)		
15.	Pāṭalā	(Rt.)		
16.	Agnimantha	(Rt.)		
17.	Śālaparṇī	(Rt.)		
18.	Pṛṣniparṇī	(Rt.)		
19.	Bṛhatī	(Rt.)		
20.	Kaṇṭakārī	(Rt.)		
21.	Gokṣura	(Rt.)		

22. Balā (Rt.)

23. Atibalā (Rt.) Drugs 9 to 23, 1 part in equal proportion

Special Method of Preparation

Ingredient No. 1 to 5 and 6 are to be boiled with milk and to be reduced to both. Ingredients No. 8 to 23 are then added to it and boiled till getting the quantity of Taila is yielded. It is then filtered.

Use

Used in the form of picu

Important Therapeutic Uses

Gudabhraṃśa (Prolapse of the rectum), Yonibhraṃśa (Prolapse of Vaginal wall)

8 : 14 VĀYUCCHĀYA SURENDRA TAILA

(Āyurvedasaṅgraha, Vātavyādhyādhikāra: Page 706)

वाट्यालकं पलशतं तत्समं दशमूलकम्।
जलषोडशिके पक्त्वा पादशेषं समुद्धरेत्।।१८६।।

एतत् क्वाथे पचेत्तैलं द्वात्रिंशत्पलमेव च।
कल्कार्थं दीयते तत्र मञ्जिष्ठा रक्तचन्दनम्।।१८७।।

कुष्ठमेला देवदारु शैलजं सैन्धवं वचा।
कक्कोलं पद्मकाष्ठञ्च शृङ्गीं तगरपादिका।।१८८।।

गुडूची मुद्गपर्णी च माषपर्णी शतावरी।
नागजिह्वा श्यामलता शतपुष्पा पुनर्नवा।।१८९।।

एषां तोलद्वयं भागं दत्त्वा तैलन्तु पाचयेत्।
एतत् तैलवरं नाम्ना वायुच्छायासुरेन्द्रकम्।।१९०।।

सर्ववातविकारेषु हितं पुंसाञ्च योषिताम्।
क्षीणशुक्रार्तवानाञ्च नारीणाञ्च विशेषतः।।१९१।।

रेतोविकारं हन्त्याशु वायुमाक्षेपसम्भवम्।
मर्मवातं श्रमकृतं गात्रकम्पादिकं तथा।।१९२।।

हिक्कां श्वासञ्च कासञ्च् वातपित्तसमुद्भवम्।
अपस्मारे महोन्मादे हितं लेपे च भक्षणे।।१९३।।

श्रीमद्गहननाथेन रचितं विश्वसम्पदे।

1.	Vāṭyālaka (Balā)	(Rt.)	4.800	kg
2.	Bilva	(Rt.Bk.)	480	g
3.	Śyonāka	(Rt.Bk.)	480	g
4.	Gambhārī	(Rt.Bk.)	480	g
5.	Pāṭalā	(Rt.Bk.)	480	g
6.	Agnimantha	(Rt.Bk.)	480	g
7.	Śālaparṇī	(Rt.)	480	g
8.	Pṛṣniparṇī	(Rt.)	480	g
9.	Bṛhatī	(Rt.)	480	g
10.	Kaṇṭakārī	(Rt.)	480	g
11.	Gokṣura	(Rt.)	480	g
12.	Water for Decoction		153.600	l
	reduced to		38.400	l
13.	Taila (Tila)	(Ol.)	1.536	l
	Kalka Dravya			
14.	Mañjiṣṭhā	(St.)	24	g
15.	Raktacandana	(Ht.Wd.)	24	g
16.	Kuṣṭha	(Rt.)	24	g
17.	Elā (Sūkṣmailā)	(Sd.)	24	g
18.	Dēvadāru	(Ht.Wd.)	24	g
19.	Śailaja (Śaileya)	(Pl.)	24	g
20.	Saindhava		24	g
21.	Vacā	(Rz.)	24	g

22.	Kakkola (Kaṅkola)	(Fr.)	24	g
23.	Padmakāṣṭha (Padmaka)	(St.)	24	g
24.	Śṛṅgi (Karkataśṛṅgī)	(Gl.)	24	g
25.	Tagarapādukā (Tagara)	(Rz.)	24	g
26.	Guḍūcī	(St.)	24	g
27.	Mudgaparṇī	(Pl.)	24	g
28.	Māṣaparṇī	(Pl.)	24	g
29.	Śatāvarī	(Rt.)	24	g
30.	Nāgajihvā	(Pl.)	24	g
31.	Śyāmalatā (Kṛṣṇa Śārivā)	(Rt.)	24	g
32.	Śatapatrā (Śatapatrikā)	(Fr .)	24	g
33.	Punarnavā (Rakta Punarnavā)	(Rt.)	24	g

Use

For external use only

Important Therapeutic Uses

Vātavikāra (Disorder due to Vāta doṣa), Kṛcchrārtava (Dysmenorrhoea), Retovikāra (Diseases of Semen), Marmavāta (Vitiation of Vāta in Vital points), Gātra Kampa (Tremors), Hikkā (Hiccup), Śvāsa (Dyspnoea/Asthma), Kāsa (Cough), Apasmāra (Epilepsy), Unmāda (Mania/Psychosis)

8 : 15 VIṢṆU TAILA

(Bhaiṣajyaratnāvalī, Vātavyādhyādhikāra: 185-122)

शालपर्णी पृश्निपर्णी बला च बहुपुत्रिका।
एरण्डस्य च मूलानि बृहत्योः पूतिकस्य च।।११५।।

गवेधुकस्य मूलानि तथा सहचरस्य च।
एतेषां पलिकैर्भागैस्तैलप्रस्थं विपाचयेत्।।११६।।

आजं वा यदि वा गव्यं क्षीरं दद्याच्चतुर्गुणम्।
अस्य तैलस्य पक्वस्य शृणु वीर्यमतः परम्।।११७।।

अश्वानां वातभग्नानां कुञ्जराणां तथैव च।
अपुमांश्च नरः पीत्वा निश्चयेन पुमान् भवेत्।।११८।।

हृच्छूले पार्श्वशूले च तथैवार्द्धावभेदके।
कामलापाण्डुरोगेषु शर्करास्वश्मरीषु च।।११९।।

क्षीणेन्द्रिया नरा ये च जरया जर्जरीकृताः।
येषाञ्चैव क्षयो व्याधिरन्त्रवृद्धिश्च दारुणा।।१२०।।

अर्दितं गलगण्डश्च वातशोणितमेव च।
स्त्रियो या न प्रसूयन्ते तासाञ्चैव प्रदापयेत्।।१२१।।

गर्भमश्वतरी विन्द्यान्न च मृत्युवशं व्रजेत्।
एतत्तैलवरं चैव विष्णुना परिकीर्त्तितम्।।१२२।।

1.	Śālaparṇī	(Rt.)	48	g
2.	Pṛṣniparṇī	(Rt.)	48	g
3.	Balā	(Rt.)	48	g
4.	Bahuputrikā (Śatāvarī)	(Rt.)	48	g
5.	Eraṇḍa	(Rt.)	48	g
6.	Bṛhatī	(Rt.)	48	g
7.	Kaṇṭakārī	(Rt.)	48	g
8.	Pūtika (Pūtikarañja)	(St.Bk.)	48	g
9.	Gavedhuka mūla	(Rt.)	48	g
10.	Sahacara mūla	(Rt.)	48	g
11.	Taila (Tila)	(Ol.)		768 ml
12.	Gavya Kṣīra (Godugdha) or Ajākṣīra		3.072	l

Use

2g to 6 g with Uṣṇa Jala.Used externally for Abhyaṅga and internally for pāna.

Important Therapeutic Uses

Hṛcchūla (Angina pectoris), Ardhāvabhedaka (Migraine), Aśmarī (Calculus), Kṣaya (Pthisis), Ardita (Facial palsy), Vātarakta (Gout), It removes Napuṃsakatā when used with uṣṇa jala.

8 : 16 VYĀGHRĪ TAILA

(Bhaiṣajyaratnāvalī; Bālrogādhikara: 144-147)

व्याघ्रीवासकबिल्वानां केशराजस्य चाम्बुना।
काञ्जिकेन तथा कल्कैर्मुस्तमोचरसाञ्जनैः।।१४४।।

शताह्वादारुयष्ट्याह्वबलारास्नानिशायुगैः।
चन्दनद्वयमञ्जिष्ठाप्रियङ्गूत्पलकेशरैः।।१४५।।

शालपर्णीपृश्निपर्णीचातुर्जातकबालकैः।
मृदःपात्रे पचेत्तैलमरिष्टेन्धनवह्निना।।१४६।।

श्वासं कासञ्च बालानां ज्वरं वह्नेश्च वैकृतम्।
व्याघ्रीतैलमिदं हन्यात् त्वग्दोषान् निखिलानपि।।१४७।।

1.	Vyāghrī ambu (Svarasa) (Kaṇṭakārī)	(Pl.)	3 l
2.	Vāsaka ambu (Vāsā svarasa)	(Lf.)	3 l
3.	Bilva ambu (svarasa)	(Lf.)	3 l
4.	Keśarāja ambu (Bhṛṅgarāja svarasa)	(Pl.)	3 l
5.	Kāñjika		3 l
6.	Taila (Tila)	(Ol.)	3 l
	Kalka Dravya		
7.	Musta (Mustā)	(Rz.)	
8.	Mocarasa (Śālmalī)	(Exd.)	
9.	Rasāñjana (Dāruharidrā)	(So. Ext.)	
10.	Śatāhvā	(Fr.)	

11.	Dāru (Devadāru)	(Ht.Wd.)
12.	Yaṣṭyāhvā (Yaṣṭī)	(Rt.)
13.	Balā	(Rt.)
14.	Rāsnā	(Rt.)
15.	Haridrā	(Rz.)
16.	Dāruharidrā	(St.)
17.	Śvetacandana	(Ht.Wd.)
18.	Raktacandana	(Ht.Wd.)
19.	Mañjiṣṭhā	(Rt.)
20.	Priyaṅgu	(Fr.)
21.	Utpala keśara	(Adr.)
22.	Śālaparṇī	(Rt.)
23.	Pṛṣniparṇī	(Rt.)
24.	Tvak	(St.Bk.)
25.	Patra (Tejapatra)	(Lf.)
26.	Elā (Sūkṣmailā)	(Sd.)
27.	Nāgakēśara	(Adr.)
28.	Bālaka (Hrīvera)	(Rt.)

Drugs 7 to 28, 96 g in equal proportion

Use

Used externally for Abhyaṅga

Important Therapeutic Uses

Śvāsa (Dyspnoea/Asthma), Kāsa (Cough), Jvara (Fever), Agnivikāra (Diseases due to vitiation of Agni), Tvagdoṣa (Skin disorder)

8 : 17 ŚAMBŪKĀDYA TAILA

(Bhaiṣajyaratnāvalī, Karṇarogādhikāra: 40)

शम्बूकस्य च मांसेन कटुतैलं विपाचितम्।
तस्य पूरणमात्रेण कर्णनाडी प्रशाम्यति।।४०।।

1.	Kaṭu taila (Sarṣapa)	(Ol.)	768 g
	Kalka Dravya		
2.	Śambūka Māṃsa		250 g
3.	Jala		3 l

Use

Used externally as ear drops

Important Therapeutic Uses

Karṇagata Nāḍīvraṇa (Fistula in Ear)

8 : 18 HIṄGVĀDI TAILA

(Cakradatta, Karṇarogacikitsā: 16)

हिङ्गुतुम्बुरुशुण्ठीभिः साध्यं तैलन्तु सार्षपम्।
कर्णशूले प्रधानन्तु पूरणं हितमुच्यते।।१६।।

1.	Hiṅgu	(Exd.)	1	part
2.	Tumburu (Tejovatī)	(Fr.)	1	part
3.	Śuṇṭhī	(Rz.)	1	part
4.	Sarṣapa Taila (Sarṣapa)	(Ol.)	12	part
5.	Jala		48	part

Dose

5 to 10 drops in each ear for Karṇapūraṇārtha

Important Therapeutic Uses

Karṇaśūla (Otalgia)

9. LEPA

Definition

Medicines in the form of a paste used for external application are called lepas.

Method of preparation

The drugs are made into a fine powder. Before use on the body, it is mixed with some liquid or other medium indicated in each preparation and made into a soft paste. Water, Cow's urine, oil, and ghee are some of the media used for mixing.

Charateristics and preservation

Vegetable lepa Cūrṇa will preserve their potency for 30 days if kept in air tight containers. Mineral and metallic preparations last indefinitely.

9 : 1 ASTHISANDHĀNAKA LEPA

(Rasatantrasāra Va Siddha Prayogasaṅgraha: 63-65)

1.	Eluvā (Kumārī)	(St.Ext.)	120 g
2.	Hirābola (Bola)	(Exd.)	120 g
3.	Guggulu (Śuddha)	(Exd.)	120 g
4.	Kundaru	(Exd.)	120 g
5.	Gundara (Gundrā)	(Lf.)	120 g
6.	Uśārerevanda	(Rt.)	120 g
7.	Maidālakaḍī (medāsaka)	(St.)	120 g
8.	Sarji Kṣāra (Svarjīkṣāra)		120 g
9.	Lodhra	(St. Bk.)	120 g
10.	Māyāphala	(Gl.)	120 g
11.	Sphaṭikā (Saurāṣtrī)		120 g
12.	Āmāhaldī (Āmraharidrā)	(Rz.)	120 g

Important Therapeutic Uses

Śūla (Colicky Pain), Śotha (Inflammation), Asthi Bhaṅga (Bone fracture), Asthi Cyuti (Dislocation of bones, joints)

9 : 2 GANDHAKĀDYAMALAHARA

(Rasataraṅgiṇī, Aṣṭamataraṅga: 63-65)

सिक्थतैलं सुविमलं रसतोलकसम्मितम्।
गन्धकं गिरिसिन्दूरं तोलकार्द्धमितं पृथक्।। ६३।।

टङ्कणं घनसारं च पृथक् माषद्वयोन्मितम्।
दत्वा सम्मेल्य यत्नेन काचकुप्यां निधापयेत्।।६४।।

मतो मलहरोऽयं तु गन्धकाद्य समाह्वयः।
विनाशयत्याशु भृशं पामामत्यर्थदारुणाम्।।६५।।

1.	Siktha taila (Madhūcchiṣṭa)	72 g
2.	Gandhaka śuddha	6 g
3.	Girisindūra	6 g
4.	Taṅkaṇa śuddha	2 g
5.	Ghanasāraka (Karpūra)	2 g

Important Therapeutic Uses

Pāmā (Eczema)

9 : 3 PĀRADĀDI LEPA

(Yogaratnākara, Upadaṃśacikitsā)

पारदं गन्धकं तालं दरदं च मनःशिलाम्।
पृथक्कर्षं द्विकर्षं च मुद्दारं शंखजीरकम्।।१।।

विधाय कज्जलीं श्लक्ष्णां मर्दयेत्सुरसारसैः।
छायाशुष्कां ततः कृत्वा पुनरुन्मत्तजद्रवैः।।२।।

विमर्द्याथ वटी कार्या उपदंशे प्रयोजयेत्।
गोघृतेन प्रलेपोऽयं व्रणानां रोपणे हितः।।३।।

1.	Pārada śuddha		12 g
2.	Gandhaka śuddha		12 g
3.	Tāla (Haritāla)		12 g
4.	Darada (Hiṅgula)		12 g
5.	Manaḥśilā		12 g
6.	Mṛddāraśaṅkha (Mṛddāraśṛṅga)		12 g
7.	Jīraka (Śveta jīraka)	(Fr.)	24 g
8.	Surasārasa (Tulasīrasa)	(Lf.)	Q.S. for mardana
9.	Unmatta (Dhattūra)	(Lf.)	Q.S. for mardana

Direction

Indication for use

Vaṭī is to be mixed with ghṛta and used externally.

Important Therapeutic Uses

Upadaṃśa (Syphilis/Soft chancre), Vraṇa (Ulcer)

Special Precaution

Note : The ingredients are triturated with juice of Tulasī patra in order given in the yoga. Then, it is to be dried in shade. It is to be again triturated with the juice of Dhattūra leaves and Vaṭī are prepared.

9 : 4 VṚDDHIHARA LEPA

(Siddhayogasaṅgraha, Vṛddhirogādhikāra)

1.	Śirīṣa	(St.Bk.)	12 g
2.	Madhuyaṣṭī (Yaṣṭī)	(Rt.)	12 g
3.	Tagara	(Rt.)	12 g
4.	Raktacandana	(Ht.Wd.)	12 g
5.	Elā (Sūkṣmailā)	(Sd.)	12 g
6.	Māṃsī (Jaṭāmāṃsī)	(Rz.+ Rt.)	12 g
7.	Haridrā	(Rz.)	12 g
8.	Dāruharidrā	(St.)	12 g
9.	Kuṣṭha	(Rt.)	12 g
10.	Bālaka (Hrīvera)	(Rt.)	12 g
11.	Udumbarasāra	(St.Bk.)	12 g

Important Therapeutic Uses

Vṛddhi (Inguino-scrotal swellings)

9 : 5 ŚVETA MALAHAMA

(Siddhayogasaṅgraha, Vraṇādhikāra)

1.	Tila taila	(Ol.)	192 ml
2.	Rāla cūrṇa (Rāla)	(Exd.)	48 g
3.	Nīlāthothā (Tuttha)		3 g

Important Therapeutic Uses

Agnidagdha (Burn injury), Vraṇa (Ulcer)

10. VAṬĪ AND GUṬIKĀ

Definition

Medicines prepared in the form of tablet or pills are known as Vaṭī and Guṭikā. These are made of one or more drugs of plant, animal or mineral origin.

Method of preparation

The drugs of plant origin are dried and made into fine powders, separately. The minerals are made into Bhasma or Sindūra, unless otherwise mentioned. In cases where Pāradā and Gandhaka are mentioned, Kajjalī is made first and other drugs are added, one by one, according to the formula. These are put into a khalva and ground to a soft paste with the prescribed fluids. When more than one liquid is mentioned for grinding, they are used in succession. When the mass is properly ground and is in a condition to be made into pills, Sugandha Dravyas, Like Kastūrī, Karpūra, which are included in the formula, are added and ground again. The criterion to determine the final stage of the formulation before making pills is that it should not stick to the fingers when rolled. Pills may be dried in shade or in sun as specified in the texts. In cases where sugar or jaggery (Guḍa) is mentioned, Pāka of these should be made on mild fire and removed from the oven. The powders of the ingredients are added to the Pāka and briskly mixed. When still warm,Vaṭakas should be rolled and dried in shade.

Characteristics and preservation

Pills made of plant drugs when kept in air tight containers can be used for two years. Pills containing minerals can be used for an indefinite period.

Pills and Vaṭīs should not lose their original colour, smell, taste and form. When sugar, salt or Kṣāra is an ingredient, the pills should be kept away from moisture.

10 : 1 ABHAYĀ VAṬĪ

(Bhaiṣajyaratnāvalī, Udararogādhikāra : 92-95)

अभया मरिचं कृष्णा टङ्कणञ्च समांशिकम्।
सर्वचूर्णसमं भागं दद्यात्कानकजं फलम्।।९२।।

स्नुहीक्षीरेण सङ्कुर्याद् गुञ्जापादमितां वटीम्।
वटीद्वयं शिवामेकां पिष्ट्वा तण्डुलवारिणा।।९३।।

उष्णाद् विरेचयेदेषा शीते स्वास्थ्यमुपैति च।
जीर्णज्वरं प्लीहारोगं हन्त्यष्टावुदराणि च।।९४।।

वातोदरे प्रशस्तोऽयं सर्वाजीर्णं व्यपोहति।
कामलां पाण्डुरोगञ्च तथैव कुम्भकामलाम्।।९५।।

1.	Abhayā (Harītakī)	(P.)	1 Part
2.	Marica	(Fr .)	1 Part
3.	Kṛṣṇā (Pippalī)	(Fr.)	1 Part
4.	Ṭaṅkaṇa		1 Part
5.	Kānakaja phala (Dhattūra)	(Fr.)	4 Part
6.	Snuhī kṣīra		Q.S. for mardana

Dose

60 mg

Anupāna

Harītakī Cūrṇa 12 g and Taṇḍulodaka Q.S.

Important Therapeutic Uses

Jīrṇajvara (Chronic fever), Plīhā Roga (Splenic disease), Udararoga (Ascites), Kāmalā (Jaundice), Ajīrṇa (Dyspepsia), Pāṇḍu Roga (Anaemia), Kumbhakāmalā (Hepatitis)

10 : 2 ARKA VAṬĪ

(Siddhabheṣajamaṇimālā; Agnimandyādicikitsā: 254)

सौवर्चलं सादरमर्कपुष्पं मरीचमेकत्र समं विमर्द्य।

गुञ्जाप्रमाणा गुटिका विधेयाः कर्षन्ति कार्श्यं क्रमशः कृशानोः।। २५४।।

1.	Sauvarcala		1 Part
2.	Arkapuṣpa	(Fl.)	1 Part
3.	Marica	(Fr.)	1 Part

Dose

125 mg

Important Therapeutic Uses

Kaphaja Agnimāndya (Impaired digestive fire due to diminished agni)

10 : 3 ARŚOGHNĪ VAṬĪ

(Siddhayogasaṅgraha, Arśodhikāra)

1.	Nimbaphala	(Sd .)	24 g
2.	Mahānimba	(Sd .)	24 g
3.	Khūnakharābā	(Exd.)	24 g
4.	Tṛṇakanta piṣṭi (Kaharubā)		48 g
5.	Śuddha rasauta (Dāruharidrā)	(Solid Ext.)	144 g

Dose

125 mg to 500 mg

Anupāna

Jala

Important Therapeutic Uses

Raktārśa (Bleeding haemorrhoids), Śuṣkārśa (Non bleeding Haemorrhoids)

10 : 4 KUṬAJAGHANA VAṬĪ

(Siddhayogasaṅgraha, Atisāra-Pravāhikā-Grahaṇyādhikāra)

1.	Kuṭaja	(St. Bk.)	48 g
2.	Jala for decoction		768 ml
	reduced to		96 ml
3.	Atīsa cūrṇa (Ativiṣā)	(Rt.)	12 g

Special Method of Preparation

The bark of Kuṭaja is to be cleaned and boiled with the prescribed quantity of water, till it is reduced to 1/8 part of water. Then the decoction is to be filtered and further boiled over Madhyamāgni and Mandāgni. During this process it should be stired with wooden ladle till it becomes semisolid. Thereafter it is exposed to sun rays and the powder of Ativiṣā is added to make pills of 250 mg in weight.

Dose

250 mg to 500 mg

Anupāna

Śītajala

Important Therapeutic Uses

Atīsāra (Diarrhoea), Grahaṇī (Malabsorption syndrome), Jvarātīsāra (Diarrhoea with fever)

10 : 5 JVARAGHNĪ GUṬIKĀ

(Śārṅgadharasaṃhitā, Madhyamakhaṇḍa Adhyāya 12: 56-58)

भागैकः स्याद् रसाच्छुद्धादैलेयः पिप्पली शिवा।
आकारकरभो गन्धः कटुतैलेन शोधितः।। ५६।।
फलानि चेन्द्रवारुण्याश्चतुर्भागमिता अमी।

एकत्र मर्दयेच्चूर्णमिन्द्रवारुणिकारसैः।।५७।।
माषोन्मितां गुटीं कृत्वा दद्यात् सर्वज्वरे बुधः।
छिन्नारसानुपानेन ज्वरघ्नी गुटिका मता।।५८।।

1.	Rasa (Śuddha Pārada)		1 Part
2.	Aileya (Kumārī niryāsa)	(Exd.)	1 Part
3.	Pippalī	(Fr.)	1 Part
4.	Śivā (Harītakī)	(P.)	1 Part
5.	Ākārakarabha	(Rt .)	1 Part
6.	Gandha (Gandhaka) (Kaṭutaila śodhita)		1 Part
7.	Indravāruṇī	(Fr .)	4 Part
8.	Indravāruṇikā rasa (Indravāruṇī)	(Rt.)	Q.S. for mardana

Dose

1 g

Anupāna

Chinnā Rasa (Guḍūcī Rasa)

Important Therapeutic Uses

Jvara (Fever)

10 : 6 DRĀKṢĀDI GUṬIKĀ

(Yogaratnākara, Amlapittacikitsā: Page 703)

द्राक्षापथ्ये समे कृत्वा तयोस्तुल्यां सितां क्षिपेत्।
सङ्कुट्याक्षद्वयमितां तत्पिण्डीं कारयेद्भिषक्।।१।।

तां खादेदम्लपित्तार्तो हृत्कण्ठदहनापहाम्।
तृण्मूर्च्छाभ्रममन्दाग्निनाशिनीमामवातहाम्।।२।।

1.	Drākṣā	(Dr. Fr.)	1 Part
2.	Pathyā (Harītakī)	(P.)	1 Part

3.	Sitā	2 Part

Dose

6 g to 12 g

Important Therapeutic Uses

Amlapitta (Dyspepsia), Hṛddāha (Burning sensation in heart region), Kaṇṭhadāha (Burning sensation in throat), Tṛṣṇā (Thirst), Mūrcchā (Syncope), Bhrama (Vertigo), Agnimāndya (Digestive impairment), Āmavāta (Rheumatism)

Note: Two Akṣa or two Karṣa is a high dose; so Sāmānya Avaleha dose is to be used.

10 : 7 BOLĀDI VAṬĪ

(Siddhayogasaṅgraha, Strīrogādhikāra)

1.	Hīrābola (Bola)	(Exd.)	2 Part
2.	Śuddha Suhāgā (Ṭaṅkaṇa)		1 Part
3.	Kasīsa (Kāsīsa)		1 Part
4.	Hiṅgu	(Exd.)	1 Part
5.	Eluvā (Kumārī)	(Lf. Ext.)	1 Part
6.	Jaṭāmāṃsī Kvātha	(Rz. + Rt.)	Q. S. for mardana

Dose

150 mg to 500 mg

Important Therapeutic Uses

Ārtavadoṣa (Vitiation of Ārtava), Kaṣṭārtava (Dysmenorrhoea)

10 : 8 BHUVANEŚVARA VAṬĪ

(Bhaiṣajyaratnāvalī, Atisārādhikāra: 127-128)

सैन्धवं त्रिफलाञ्चैव यमानीं बिल्वपेशिकाम्।
गृहधूमं गृहीत्वा च प्रत्येकं समभागिकम्।।१२७।।

जलेन मर्दयित्वा तु माषमात्रां वटीं चरेत्।
खादेत्तोयानुपानेन सर्वातीसारशान्तये।।१२८।।

1.	Saindhava		1 Part
2.	Harītakī	(P.)	1 Part
3.	Bibhītaka	(P.)	1 Part
4.	Āmalakī	(P.)	1 Part
5.	Yamānī (Yavānī)	(Fr.)	1 Part
6.	Bilvapeśikā (Bilva)	(Fr.P.)	1 Part
7.	Gṛhadhūma		1 Part

Dose

2 g

Anupāna

Jala

Important Therapeutic Uses

Atīsāra (Diarrhoea)

10 : 9 MAHĀŚAṄKHA VAṬĪ

(Bhaiṣajyaratnāvalī, Agnimāndyādirogādhikāra: 186-187)

पटुपञ्चकहिङ्गुशङ्खचिञ्चाभसितव्योषवलीश्वरामृतानि।
शिखिशैखरिकाम्लवर्गनिम्बूभृशभाव्यानि यथाम्लतां व्रजन्ति।।१८६।।

महाशङ्खवटी ख्याता भोजनान्ते प्रकीर्त्तिता।
दीपनी परमा हन्ति महार्शोग्रहणीमुखान्।।१८७।।

1.	Romaka Lavaṇa		1 Part
2.	Viḍa Lavaṇa		1 Part
3.	Sāmudra Lavaṇa		1 Part
4.	Sauvarcala Lavaṇa		1 Part
5.	Saindhava Lavaṇa		1 Part
6.	Hiṅgu	(Exd.)	1 Part
7.	Śaṅkha bhasma		1 Part
8.	Cin̄cābhasita (Kṣāra)		1 Part
9.	Śuṇṭhī	(Rz.)	1 Part
10.	Marica	(Fr.)	1 Part
11.	Pippalī	(Fr.)	1 Part
12.	Valī (Śuddha Gandhaka)		1 Part
13.	Īśvara (Śuddha Pārada)		1 Part
14.	Amṛtā (Śuddha Vatsanābha)	(Rt.)	1 Part
15.	Śikhi (Citraka kvātha)	(Rt.)	Q.S. for bhāvanā
16.	Śaikharika (Apāmārga)	(Pl.)	Q.S. for bhāvanā
17.	Amla varga		Q.S. for bhāvanā
18.	Nimbu svarasa		Q.S. for bhāvanā

Dose

200mg to 150 mg

Important Therapeutic Uses

Arśa (Haemorrhoids), Grahaṇī (Malabsorption syndrome), Agnimāndya (Digestive impairment)

Note : In some parts of the country instead of amla varga only nimbu svarasa is used for

Bhāvanā.

10 : 10 MAHĀGANDHAKA VAṬĪ

(Siddhayogasaṅgraha, Atisāra-Pravāhikā-Grahaṇyādhikāra Adhyāya 2: 9)

रसगन्धकयोः कर्षं ग्राह्यमेकं सुशोधितम्।
ततः कज्जलिकां कृत्वा मृदुपाकेन साधयेत्।।

जात्याः फलं तथा कोशो लवङ्गारिष्टपत्रके।
एतेषां कर्षमात्रं हि तोयेन सह मर्दयेत्।।
मुक्तागृहे ततः स्थाप्य पुटपाकेन साधयेत्।
गुञ्जाषट्कप्रमाणेन तोयेन सह भक्षयेत्।।

महागन्धकमेतद्धि सर्वातिसारनाशनम्।
दुर्वारग्रहणीरोगं जयेच्चैव प्रवाहिकाम्।।

1.	Rasa (Śuddha Pārada)		12 g
2.	Gandhaka (śuddha)		12 g
3.	Jātīphala (Jātīphala)	(Sd.)	12 g
4.	Jātīkoṣa (Jātīphala)	(Ar.)	12 g
5.	Lavaṅga	(Fl.)	12 g
6.	Ariṣṭapatra (nimba patra)	(Lf.)	12 g
7.	Jala		Q.S. for mardana

Special Method of Preparation

After making Kajjalī of Pārada and Gandhaka a Parpaṭī is made, and the Cūrṇa of item No. 3 to 6 are to be mixed with the Parpaṭī. The whole material is made into a Bolus (Piṇḍa). This Piṇḍa should be placed in Muktāśukti and another piece of Muktāśuki is to be placed over it. This sampuṭa should be sealed with the Kapaḍamiṭṭī (clay smeared cloth). It

is to be dried and heated through the the process of Puṭapāka Vidhi. When Puṭapāka is cool, the Piṇḍa is removed and well powdered. Discs are then prepared with this powder with water. Each disc should be about 375mg in weight after they are dried in shade. Thereafter, it should be bottled and used.

Dose

375mg to 750 mg

Anupāna

Jala

Important Therapeutic Uses

Atīsāra (Diarrhoea), Grahaṇī (Malabsorption syndrome), Pravāhikā (Dysentery)

10 : 11 SARPAGANDHĀGHANA VAṬĪ

(Siddhayogasaṅgraha, Bhrama-Anidrā-Unmādādhikāra)

1.	Sarpagandhā	(Rt.)	10 Parts
2.	Khurāsānī Yavānī	(Sd.)	2 Parts
3.	Jaṭāmāṃsī	(Rt.)	1 Parts
4.	Bhaṅgā (Vijayā)	(Lf.)	1 Parts
5.	Jala		8 Parts
	Reduced to		1 Part
6.	Pippalī mūla cūrṇa	(Rt.)	1 Part

Special Method of Preparation

Prepare the solid extract of the ingredients no. 1 to 4 as per Rasa Kriyā. Pills are prepared after adding Pippalīmūla Cūrṇa it. The weight of each pill should be about 375 mg

Dose

2 to 3 pills.

Important Therapeutic Uses

Anidrā (Insomnia)

10 : 12 SARVATOBHADRĀ VAṬĪ

(Bhaiṣajyaratnāvalī, Vṛkkamayādhikāra: 16-17)

हेमरौप्याभ्रलौहानि जतु गन्धञ्च माक्षिकम्।
वटीं रक्तिमितां कुर्याद्विमर्द्य वरुणाम्भसा।।१६।।

वटीयं सर्वतोभद्रा निखिलान् वृक्कजान् गदान्।
हरेद्बस्तिभवांश्चापि बलं वीर्यञ्च वर्द्धयेत्।।१७।।

1.	Hema (Svarṇabhasma)		1 Part
2.	Raupya (Rajata bhasma)		1 Part
3.	Abhra (Abhraka bhasma)		1 Part
4.	Lauha (Lauha bhasma)		1 Part
5.	Jatu (Śuddha Śilājatu)		1 Part
6.	Gandhaka śuddha		1 Part
7.	Mākṣika (bhasma)		1 Part
8.	Varuṇa kvātha	(St.Bk.)	Q.S. for mardana

Dose

125 mg

Important Therapeutic Uses

Vṛkkaroga (Disorders of Kidney), Bastigataroga (Disorders of urinary system)

10 : 13 SAṂŚAMANĪ VAṬĪ (GUḌŪCĪ GHANA VAṬĪ)

(Siddhayogasaṅgraha, Jvarādhikāra)

1.	Giloya (Guḍūcī)	(St.)	1 Part

2.	Jala	4 Part
	reduced to	1 Part

Special Method of Preparation

This is prepared according to the process of Rasa Kriyā and thereafter pills of about 250 mg in weight should be made.

Dose

5 to 10 pills per day. 250 mg - 500 mg

Important Therapeutic Uses

Jvara (Fever), Jīrṇajvara (Chronic fever), Rājayakṣmā (Tuberculosis), Daurbalya (Weakness), Pāṇḍu Roga (Anaemia), Viṣamajvara (Intermittent fever)

10 : 14 SUKHAVIRECANA VAṬĪ

(Siddhayogasaṅgraha, Ānāhādhikāra)

1.	Jamālagoṭā (Jayapāla śuddha)	(Sd. P.)	13 in Number
2.	Sonṭha Cūrṇa (Śuṇṭhī)	(Rz.)	24 g
3.	Jala		Q.S. for mardana

Dose

250 mg at bed time

Anupāna

Śītajala

Important Therapeutic Uses

Virecanārtha (For purgation)

11. VARTI, NETRABINDU AND AÑJANA

Definition

Medicines used externally for the eye come under category of varti, Netrabindu and Añjana.

Method of preparation

Vartis are made by grinding the fine powders of the drugs with the fluids in the formula to form a soft paste. This is then made into thin sticks of about 2 centimeters in length and dried in shade. Netrabindu is prepared by dissolving the specified drugs in water or Kaṣāya and used as eye drop.

Añjanas are very fine semisolids of drugs to be applied with Netra Śalākā.

Characteristics and preservation

Colour and smell depend on the drugs used. These can be preserved for one year if kept in air tight container. In case of formulations in which minerals are used, the drugs are preserved indefinitely.

11 : 1 NAYANĀMṚTĀÑJANA

(Śārṇgadharasaṃhitā, Uttarakhaṇḍa, Adhyāya 13 : 119-120)

शुद्धे नागे द्रुते तुल्यं शुद्धं सूतं विनिक्षिपेत्।
कृष्णाञ्जनं तयोस्तुल्यं सर्वमेकत्र चूर्णयेत्।।११९।।

दशमांशेन कर्पूरं तस्मिंश्चूर्णे प्रदापयेत्।
एतत् प्रत्यञ्जनं नेत्रगदजिन्नयनामृतम्।।१२०।।

1.	Nāga śūddha	10 Parts
2.	Sūta (Śuddha Pārada)	10 Parts
3.	Kṛṣṇañjana (Sauvīrāñjana)	20 Parts
4.	Karpūra	4 Parts

Special Method of Preparation

Melt Śuddha Nāga in an iron crucible remove from fire immediately. Add the molten Nāga to on equal weight of śuddha Pārada and triturated briskly. When thoroughly mixed add Kṛṣṇāñjana Cūrṇa equal to the weight of Nāga and Pārada. Triturate of a fine powder. Add 1/10th of total weight of Karpūra. Triturate to a very fine powder, sift through super fine cloth.

Use

Used as Añjana with madhu or jala

Important Therapeutic Uses

Netraroga (Eye disorder)

11 : 2 NĀGĀRJUNĀÑJANA

(Bhaiṣajyaratnāvalī, Netrarogādhikāra: 123-127)

त्रिफलाव्योषसिन्धूत्थयष्टीतुत्थरसाञ्जनम्।
प्रपौण्डरीकं जन्तुघ्नं लोध्रं ताम्रं चतुर्दश।।१२३।।

द्रव्याण्येतानि सञ्चूर्ण्य वर्तिः कार्या नभोऽम्बुना।
नागार्जुनेन लिखिता स्तम्भे पाटलिपुत्रके।।१२४।।

नाशिनी तिमिराणाञ्च पटलानां विशेषतः।
सद्यःप्रकोपं स्तन्येन स्त्रिया विजयते ध्रुवम्।।१२५।।

किंशुकस्वरसेनाथ पैल्यं पुष्पं च रक्तताम्।
अञ्जनाल्लोध्रतोयेन आसन्नतिमिरं जयेत्।।१२६।।

चिरं सञ्छादिते नेत्रे बस्तमूत्रेण संयुता।
उन्मीलयत्यकृच्छ्रेण प्रसादञ्चाधिगच्छति।।१२७।।

1.	Harītakī	(P.)	1 Part
2.	Bibhītaka	(P.)	1 Part
3.	Āmalakī	(P.)	1 Part
4.	Śuṇṭhī	(Rz.)	1 Part

5.	Marica	(Fr.)	1 Part
6.	Pippalī	(Fr.)	1 Part
7.	Sindhūttha (Saindhava Lavaṇa)		1 Part
8.	Yaṣṭī	(Rt.)	1 Part
9.	Tutthacūrṇa śuddha		1 Part
10.	Rasāñjana (Dāruharidrā)	(S.ext.)	1 Part
11.	Prapauṇḍarīka (Śveta kamala)	(St.)	1 Part
12.	Jantughna (Viḍaṅga)	(Fr.)	1 Part
13.	Lodhra	(St.Bk.)	1 Part
14.	Tāmra (Bhasma/piṣṭi)		1 Part
15.	Nabhombu (Varṣāmbu)		Q.S. for mardana

Special Method of Preparation

Make fine powder of item No. 1-14 and triturate with Varṣāmbu to make Vartī. This may be rubbed in breast milk, juice of Palāśa puṣpa, Madhu or Jala and the paste applied to the eye in the form of Añjana.

Important Therapeutic Uses

Timira Roga (Blindness), Paṭala Roga (Disorders of layers of eye)

Special Precaution

(1) Instead of Prapauṇḍarīka, Śveta Kamala can be used.(2) Distilled water can be used as a substitute of Varṣāmbu.

12. PARPAṬĪ

Definition

Parpaṭī is a rasa preparation. The name is derived from the method by which flakes of the compound are obtained.

Method of preparation

Kajjalī is prepared first with purified mercury (Pārada) and sulphur (Gandhaka). Other drugs mentioned in the formula are added one by one and mixed well by trituration in a khalva. The powder is put in an iron vessel and kept over fire in the Sikatāyantra. A shallow pit in fresh cow dung is made and a Kadalī leaf or an Eraṇda leaf is spread over the pit. When the medicine melts and becomes liquid it is poured on the leaf carefully. Another leaf is covered over it and fresh cow dung is spread and gently pressed. After it is allowed to cool the flakes of the medicine are collected and powdered.

Characteristics and preservation

Parpaṭies are dark in colour. They preserve their potency indefinitely and are kept in glass bottles.

12 : 1 TĀMRA PARPAṬĪ

(Siddhayogasaṅgraha, Atisāra Pravāhikā Grahaṇyādhikāra)

मृतं ताम्रं त्रिभागं च रसं गन्धं तयोः समम्।
भागमेकं वत्सनाभं दत्त्वा कुर्यात्तु कज्जलीम्।।
ततः पाकविधानज्ञः पर्पटीं कारयेद् बुधः।
गुञ्जाद्वयं त्रयं वाऽपि ह्येलाजीरकसंयुता।।

त्रिसप्तरात्रयोगेन चिरजां ग्रहणीं जयेत्।
त्रिफला मधुसंयुक्ता मेहपाण्डुविनाशिनी।।

वातारितैलसंयुक्ता सर्वशूलनिवारणी।
बाकुचीबीजसंयुक्ता दद्रुश्वित्रविनाशिनी।।
ताम्रपर्पटिका ह्येषा यकृत्प्लीहोदरापहा।।

1.	Mṛta Tāmra (Tāmra bhasma)		3 Parts
2.	Rasa (Śuddha Pārada)		3 Parts
3.	Gandhaka śuddha		6 Parts
4.	Vatsanābha śuddha	(Rt.)	1 Part

Dose

125 mg to 250 mg

Important Therapeutic Uses

Grahaṇī (Malabsorption syndrome), Meha (Excessive flow of urine), Pāṇḍu (Anaemia), Śūla (Colicky Pain), Dadru (Taeniasis), Śvitra (Leucoderma/Vitiligo), Kuṣṭha (Diseases of skin), Yakṛtplīhodara (Disease of liver and spleen)

In Grahaṇī with the Elā and Jīrā Cūrṇa
In Meha and Pāṇḍu with Triphalā and Madhu,
In Śūla with Eraṇḍa Taila,
In Dadru and Śvitrakuṣṭha with Bākucībīja Cūrṇa

12 : 2 ŚVETA PARPAṬĪ (KṢĀRA PARPAṬĪ)

(Siddhayogasaṅgraha, Aśmarīmūtrakṛcchrādhikāra)

1.	Kalamī sōrā (Soraka)	480 g
2.	Phiṭakarī (Sphaṭīkā)	60 g
3.	Nausādara (Narasāra)	30 g

Special Method of Preparation

Prepare Śveta Parpaṭī as per the general method of preparation but melt the mixture in an earthen pot and do not use goghṛta over Kadalīpatra.

Dose

725 mg to 1.250 g

Anupāna

Śītajala, Nārikela Jala

Important Therapeutic Uses

Amlapitta (Dyspepsia), Aśmarī (Calculus), Mūtrakṛcchra (Dysuria), Mūtrāghāta (Urinary obstruction)

13. PIṢṬĪ

Definition

Piṣṭīs are prepared by triturating the drug with the specified liquids and exposing to sun or moonlight. These are termed as Anagnitapta Bhasma (bhasma prepared without the medium of fire).

Method of preparation

After purification (Śodhana), the drug is put in a khalva and triturated generally with rose water, unless otherwise mentioned. It is triturated with the liquid for a day and dried in the sun for another day. This process is generally continued for seven days or more till fine Piṣṭī in powder form is obtained.

Characteristics and preservation

Depending upon the colour of the drug Piṣṭīs are of different colours. They are as fine as bhasma and have the characteristics of bhasma. They preserve their potency indefinitely. They are stored in glass stoppered bottles.

13 : 1 AKĪKA PIṢṬI

(Rasoddhāratantra, Bhasma Piṣṭi Prakaraṇa : 1-4)

न शोधनमकीकस्य शुद्धमेतत्स्वभावतः।
चूर्णीकृतमकीकं च कुमारीकेतकीरसैः।।१।।

जलपिप्पलिकारम्भारसैर्मर्द्यं पुनः पुनः।
कुक्कुटाख्यपुटैः पक्वमुत्तमं भस्म जायते।।२।।

उपर्युक्तरसैर्घृष्टं शुष्कं सूर्यांशुभिर्मुहुः।
भवेत् पिष्टीमकीकस्य सौम्या हृद्दाहनाशिनी।।३।।

मधुना पित्तरोगेषु वातरोगेऽश्वगन्धया।
शृङ्गवेररसैः कासहृदयाक्षिशिरोगदे।।४।।

1.	Akīka (śuddha) curṇa		Q.S.
2.	Kumārī (rasa)	(So. Ext.)	Q.S. for mardana

3.	Ketakī rasa	(Fl.)	Q.S. for mardana
4.	Jalapippalikā svarasa	(Pl.)	Q.S. for mardana
5.	Rambhā rasa (Kadali svarasa)	(Rz.)	Q.S. for mardana

Special Method of Preparation

It is to be prepared by triturating the drugs with the specified fluids in turn and dried in sun.

Dose

125 mg - 250 mg

Anupāna

Madhu, Aśvagandhā, Śṛṇgavera Svarasa.

Important Therapeutic Uses

Hṛddāha (Burning sensation in heart region), Pitta Roga (Disease due to Pitta doṣa), Vātaroga (Disease due to Vāta doṣa), Kāsa (Cough), Hṛdroga (Heart disease), Kṣaya (Pthisis), Śiroroga (Disease of head)

13 : 2 JAHARAMOHARĀ PIṢṬI

(Siddhayogasaṅgraha, Jvarādhikāra)

1.	Jaharamoharā - cūrṇa śuddha	Q.S. for mardana
2.	Gulāba jala (Śatapatrikā)	Q.S. for mardana

Dose

250 mg to 1 g

Anupāna

Jala, Gulāba Arka, Candanādi Arka

Important Therapeutic Uses

Hṛdayadaurbalya (Weakness of heart), Chardi (Emesis), Dāha (Burning sensation),

Viṣūcikā (Gastro-enteritis with piercing pain)

Note : Metallic pestle and mortar should not be used

14. BHASMA

Definition

Powder of a substance obtained by calcination is called Bhasma. In this section, it is applied to the metals and minerals and animal products which are, by special processes, calcined in closed cruibles in pits and with cow dung cakes (Puṭa).

Method of preparation

First stage (Śodhana)

Bhasmas are prepared from purified minerals, metals and marine and animal products. In Ayurveda, the process of purifiction is called Śodhana. Chemical purification is different from medicinal purification. In chemical purification it is only elimination of foreign matters. In medicinal purification the objects aimed are (a) elimination of harmful matter from the drug;

(b) Modification of undesirable physical properties of the drug; (c) conversion of some of the characteristics of the drugs; (d) the enhancement of the therapeutic action, thereby potentizing the drug.

Śodhana is of two kinds (1) Sāmānya Śodhana which is applicable to a large number of metals or minerals, as heating the thin sheets of the metals and immersing them in Taila, Takra, Gomūtra etc. (2) Viśeṣa Śodhana which is applicable only to certain drugs and in certain preparations. Viśeṣa Śodhana consists of (1) Bhāvanā (2) Śvedana (3) Nirvāpaṇa, (4) Mardana.

Second stage (Māraṇa)

The second stage is the preparation of Bhasma. The purified drug is put into a khalva (stone mortar and pestle) and ground with juices of the specified plants or Kaṣāyas of drugs mentioned for a particular mineral or metal. It is ground for the specified period of time. Then small cakes (cakrikās) are made. The size and thickness of the cakes depend on the heaviness of the drug, The heavier the drug, the thinner are the cakes. These cakes are dried well under sunlight and placed in one single layer in a shallow earthen plate (Śarāva) and closed with another plate. The edge is sealed with clay-smeared cloth in seven consecutive layers and dried.

A pit is dug in an open place. The diameter and the depth of the pit depends on the metal or mineral that is to be calcined. Half of the pit is filled with cow dung cakes. The sealed earthen container is placed in it and the remaining space is filled with more cow dung cakes. Fire is put on all four sides and in the middle of the pit. When the burning is over, it is allowed to cool itself completely. The earthen container is removed, the seal is opened and the contents are taken out. The medicine is ground into a fine powder in a khalva. This process of triturating with the juice, making cakrikās and giving Puṭas, is repeated as many times as prescribed in the texts or till the proper fineness and quality are obtained.

The Puṭas are described under different names to indicate the size of the pit and the number of cow dung cakes to be used, details of which are given in the Paribhāṣā. They also indicate the amount of heat required and the period of burning. The follwing Puṭas are commonly used in the preparation of Bhasmas:-

1. Mahā Puṭa
2. Gaja Puṭa
3. Varāha Puṭa
4. Kukkuṭa Puṭa
5. Kapota Puṭa
6. Bhāṇḍa Puṭa

Characteristics and preservation

The tests for properly prepared Bhasma are (1) there should be no Candrikā (metallic lustre) (Niścandrikā) (2) When taken between the index finger and thumb and spread, it should be so fine as to get easily into the finger lines (Rekha Pūrita); (3) When a small quantity is spread on cold and still water, it should float on the surface (Vāritaram); and (4) The Bhasma should not revert to the original state (Apunarbhava).

Bhasmas, unless otherwise specified in individual formulations, are generally yellowish, black, pure white, grey, reddish black or red; depending upon the predominant drug as well as the other drugs used in the process of Māraṇa. Bhasmas are preserved in air tight glass or earthen containers. They maintain their potency indefinitely. They have no characteristic taste.

14 : 1 AKĪKA BHASMA

(Rasoddhāratantra, Bhasma Piṣṭi Prakaraṇa : 1-4)

न शोधनमकीकस्य शुद्धमेतत्स्वभावतः।
चूर्णीकृतमकीकं च कुमारीकेतकीरसैः।।१।।

जलपिप्पलिकारम्भारसैर्मर्द्यं पुनः पुनः।
कुक्कुटाख्यपुटैः पक्वमुत्तमं भस्म जायते।।२।।

उपर्युक्तरसैर्घृष्टं शुष्कं सूर्यांशुभिर्मुहुः।
भवेत् पिष्टीमकीकस्य सौम्या हृद्दाहनाशिनी।।३।।

मधुना पित्तरोगेषु वातरोगेऽश्वगन्धया।
शृङ्गवेररसैः कासहृदयाक्षिशिरोगदे।।४।।

1.	Akīka (śuddha) Cūrṇa		Q.S.
2.	Kumārī rasa (svarasa)	(So. Ext.)	Q.S. for mardana
3.	Ketakī rasa (svarasa)	(Fl.)	Q.S. for mardana
4.	Jalapippalikā (svarasa)	(Pl.)	Q.S. for mardana
5.	Rambhā (Kadalī) svarasa	(Rz.)	Q.S. for mardana

Special Method of Preparation

The Bhasma is to be prepared by triturating the drugs with the specified fluids in the given order. Cakrikā are prepared and subjected to Kukkuṭapuṭa.

Dose

125 mg to 500 mg

Anupāna

Madhu, Aśvagandhā, Śṛṇgavera Svarasa

Important Therapeutic Uses

Hṛddāha (Burning sensation in heart region), Pitta Roga (Disease due to Pitta doṣa), Vātaroga (Disease due to Vāta doṣa), Kāsa (Cough), Hṛdroga (Heart disease), Kṣaya (Pthisis), Śiroroga (Disease of head)

14 : 2 JAHARAMOHARĀ BHASMA

(Rasoddhāratantra, Bhasmapiṣṭiprakaraṇa: 83-85)

पिष्टीरूपेण बहुधा देया जहरमोहरा।
भस्मनास्या गुणाः प्रायो हीनाः स्युः परिवर्तिताः।।८३।।

अर्जुनस्य त्वचाक्वाथैस्तथा वटजटाङ्कुरैः।
वाराहपुटपक्वेयं मञ्जिष्ठायाश्च वारिणी।।८४।।

सिद्धं भस्म भवेन्मात्रा द्विरक्तिपरिमाणतः।
श्वासहृद्रोगकासघ्नी रक्तपित्तार्शसां हिता।।८५।।

1.	Jaharamoharā śuddha	R.Q.
2.	Arjunatvak kvātha	Q.S. for mardana
3.	Vaṭa jaṭāṅkura (praroha) kvātha	Q.S. for mardana

Special Method of Preparation

Vārāhapuṭa should be given

Dose

250 mg

Anupāna

Mañjiṣṭhā Kvātha

Important Therapeutic Uses

Śvāsa (Dyspnoea/Asthma), Hṛdroga (Heart disease), Kāsa (Cough), Raktapitta (Bleeding disorder), Arśa (Haemorrhoids)

14 : 3 SPHAṬIKĀ BHASMA

(Āyurveda Prakāśa: 257-258)

स्फटिका तु कषायोष्णा वातपित्तकफव्रणान्।
निहन्ति श्वित्रविसर्पान् योनिसङ्कोचकारिणी।।२५७।।

स्फटिका निर्मला श्वेता श्रेष्ठा स्याच्छोधनं क्वचित्।
न दृष्टं शास्त्रतो लोका वह्नावुत्फल्लयन्ति हि।।२५८।।

1.	Sphaṭikā (śuddha)	1 Part

Special Method of Preparation

To be heated in a hot pan till dehydrated.

Dose

125 mg - 250 mg

Important Therapeutic Uses

Vātapittakapha Vraṇa (Ulcer due to Vāta Pitta Kapha doṣa), Śvitra (Leucoderma/Vitiligo), Visarpa (Erysipelas), Yonisaṅkocaka (Vaginal constricting agent)

14 : 4 HAJARULAYAHŪDA BHASMA

(Siddhayogasaṅgraha, Aśmarīmūtrakṛcchrādhikāra)

1.	Hajarula yahūda śuddha		Q.S.
2.	Mūlī svarasa (Mūlaka)	(Pl.)	Q.S. for bhāvanā

Special Method of Preparation

Bhāvanā should be given three times and thereafter ardhagajapuṭa should be given. Iron mortar and pestle should be used.

Dose

500 mg to 1 g

Anupāna

Nārikelajala, Aśmarīhara Kaṣāya.

Important Therapeutic Uses

Aśmarī (Calculus)

14 : 5 VARĀṬIKĀ BHASMA

(Rasataraṅgiṇī, Dvādaśa Taraṅga: 61-66)

वराटकांस्तु विमलान् शरावे स्थापयेद्भिषक्।

शरावेणाथ सम्यगाच्छादयेत्ततः।।६१।।

सन्धिलेपं ततः कृत्वा शोषयेदातपे पुनः।

करीषाग्नौ पचेत्कामं यत्नतस्तु भिषग्वरः।।६२।।

स्वाङ्गशीतं समुद्धृत्य खल्वे सञ्चूर्णयेत्ततः।

शरदिन्दुनिभं भस्म सर्वयोगेषु योजयेत्।।६३।।

वराटिका विशोधिता त्वलातकानले स्थिता।

यदा भवेत्तु फुल्लिता मृता तदाशनोचिता।।६४।।

वराटी दीपनी चोष्णा नयनातङ्कहारिणी।

कर्णस्रावहरात्यर्थं वह्निमान्द्यविनाशिनी।।६५।।

पक्तिशूलादिशमनी ग्रहणीगजसिंहिका।

क्षयस्फोटापहा वृष्या मात्रा रक्तिद्वयोन्मिता।।६६।।

1.	Varāṭikā (Kapardikā) śuddha	Q.S.

Special Method of Preparation

Śuddha Varāṭikā are to be kept in a Śarāva and covered with another Śarāva. After sandhilepa, it is to be dried in sun and put in Gajapuṭa. After it has become cold Varāṭikā are to be powdered in a mortar and pestle. The fine powder is to be kept in a bottle for use.

Dose

250 mg

Important Therapeutic Uses

Karṇa Srāva (Otorrhoea), Netraroga (Eye disorder), Agnimāndya (Digestive impairment), Paktiśūla (Duodenal ulcer), Grahaṇī (Malabsorption syndrome), Kṣaya (Pthisis), Sphoṭa (Boil)

15. MAṆḌŪRA

Definition

These are preparations containing Śodhita Maṇḍūra along with other drugs.

Method of preparation

Maṇḍūra is purified by a special method (the text is given under the first preparation) and boiled in Gomūtra till it becomes a rasakriy ā (a paste). Then the powders mentioned in the yogas are added and stirred well. While warm, Vaṭakas are prepared. This can be kept in powder form also.

Characteristics and preservation

These emit a strong smell of Gomūtra and are dark in colour. These preserve their potency indefinitely. These should be kept away from moisture.

15 : 1 TĀRĀMAṆḌŪRA GUḌA

(Bhaiṣajyaratnāvalī, Śūlarogādhikāra: 108-113)

विडङ्गं चित्रकं चव्यं त्रिफलात्र्यूषणानि च।
नव भागानि चैतानि लौहकिट्टसमानि च।।१०८।।

गोमूत्रं द्विगुणं दत्त्वा मूत्रार्द्धकगुडान्वितम्।
शनैर्मृद्वग्निना पक्त्वा सुसिद्धं पिण्डमागतम्।।१०९।।

स्निग्धे भाण्डे विनिक्षिप्य माषकोन्मितमात्रया।
प्राङ्मध्यान्तक्रमेणैव भोजनस्य प्रयोजितः।।११०।।

योगोऽयं शमयत्याशु पक्तिशूलं सुदारुणम्।
कामलां पाण्डुरोगञ्च शोथं मन्दाग्नितामपि।।१११।।

अर्शांसि ग्रहणीरोगं कृमिगुल्मोदराणि च।
नाशयेदम्लपित्तञ्च स्थौल्यञ्चापि नियच्छति।।११२।।

वर्जयेच्छुष्कशाकानि विदाह्यम्लकटूनि च।
पक्तिशूलान्तको ह्येष गुडो मण्डूरसंज्ञितः।।
शूलार्तानां कृपाहेतोस्तारया परिकीर्तितः।।११३।।

1.	Viḍaṅga	(Fr.)	1 Part
2.	Citraka	(Rt.)	1 Part
3.	Cavya	(St.)	1 Part
4.	Harītakī	(P.)	1 Part
5.	Bibhītaka	(P.)	1 Part
6.	Āmalakī	(P.)	1 Part
7.	Śuṇṭhī	(Rz.)	1 Part
8.	Marica	(Fr.)	1 Part
9.	Pippalī	(Fr.)	1 Part
10.	Lauha kiṭṭa (Maṇḍura)		9 Parts
11.	Gomūtra		18 Parts
12.	Guḍa		9 Parts

Dose

500 mg to 1.5 g

Important Therapeutic Uses

Paktiśūla (Duodenal ulcer), Kāmalā (Jaundice), Pāṇḍu (Anaemia), Śotha (Inflammation), Agnimāndya (Digestive impairment), Arśa (Haemorrhoids), Grahaṇī (Malabsorption syndrome), Kṛmi Roga (Worm infestation), Gulma (Abdominal lump), Amlapitta (Dyspepsia), Sthaulya (Obesity)

15 : 2 TRIPHALĀ MAṆḌŪRA

(Bhaiṣajyaratnāvalī, Amlapittādhikāra: 67)

गोमूत्रशुद्धमण्डूरं त्रिफलाचूर्णसंयुतम्।
विलिहन् मधुसर्पिर्भ्यां शूलं हन्त्यम्लपित्तजम्।।६७।।

1.	Maṇḍūra (bhasma)		1 Part
2.	Harītakī	(P.)	1/3 Part
3.	Bibhītaka	(P.)	1/3 Part
4.	Āmalakī	(P.)	1/3 Part

Dose

250 mg to 500 mg

Anupāna

Madhu, Ghṛta

Important Therapeutic Uses

Amlapitta (Dyspepsia)

15 : 3 ŚOTHĀRI MAṆḌŪRA

(Bhaiṣajyaratnāvalī, Śotharogādhikāra: 46-48)

गोमूत्रशुद्धमण्डूरं निर्गुण्डीरसभावितम्।
मानकार्द्रककन्दानां रसेष्वपि च भावयेत्।।४६।।

त्रिफलाव्योषचव्यानां चूर्णं कर्षद्वयं पृथक्।
चूर्णाद् द्विगुणमण्डूरं गोमूत्रेऽष्टगुणे पचेत्।।४७।।

सिद्धे चूर्णं क्षिपेच्छीते मधुनश्च पलद्वयम्।
निहन्ति सर्वजं शोथं सर्वाङ्गोत्थं न संशयः।।४८।।

1.	Maṇḍūra (bhasma)		336 g
2.	Nirguṇḍī rasa (svarasa)	(Lf.)	Q.S. for bhāvanā
3.	Mānakakand svarasa	(Rz.)	Q.S. for bhāvanā
4.	Ārdraka rasa	(Rz.)	Q.S. for bhāvanā
5.	Gomūtra		2.688 l
6.	Harītakī	(P.)	24 g

7.	Bibhītaka	(P.)	24 g
8.	Āmalakī	(P.)	24 g
9.	Śuṇṭhī	(Rz.)	24 g
10.	Marica	(Fr.)	24 g
11.	Pippalī	(Fr.)	24 g
12.	Cavya	(St.)	24 g
13.	Madhu		96 ml

Special Method of Preparation

After Bhāvanā with item Nos. 2 to 4 in that order, Maṇḍūra Bhasma is soaked and boiled in (item No. 5) Gomūtra. Item No. 6 to 12 should then be added and boiled till it becomes a thick paste. When it is cooled honey is to be added.

Dose

500 mg to 1 g

Important Therapeutic Uses

Sarvāṅga Śotha (Anasarca)

16. RASA YOGA

Definition

Preparations containing mineral drugs as main ingredients are called Rasa Yogas. They may be in pill form. They are mixed and triturated together.

Method of preparation

Drugs such as Abhraka, Mākṣika, Svarṇa, Rajata, Tāmra, Kāṃsya etc. are used only in bhasma form in these preparations. Drugs such as Gandhaka, Manaḥśila etc. are used in purified form. Where Rasa and Gandhaka are drugs, Kajjalī is prepared first with these two and then only other drugs are added in small quantities and ground in the khalva itself and mixed well. Bhāvanā with the prescribed Svarasa, Kvātha etc. should be given to this for a prescribed period.

Charateristics and preservation

The colour and smell depend on the drugs in the yogas. They keep their potency indefinitely, unless otherwise prescribed.

16 : 1 AJĪRṆA KAṆṬAKA RASA

(Bhāvaprakāśa, Jaṭharāgnivikārādhikāra, Adhyāya 6: 108-109)

टङ्कणकणाऽमृतानां सहिङ्गुलानां समं भागम्।
मरिचस्य भागयुगलं निम्बूनीरैर्वटी कार्या।।१०८।।

वटिकां कलायसदृशीमेकां द्वे वा समश्नीयात्।
सत्यमजीर्णे शान्त्यै वह्नेर्वृद्ध्यै कफध्वस्त्यै।।१०९।।

1.	Ṭaṅkaṇa śuddha		1 Part
2.	Kaṇā (Pippalī)	(Fr.)	1 Part
3.	Amṛtā (śuddha Vatsanābha)	(Rt.)	1 Part
4.	Hiṅgula śuddha		1 Part
5.	Marica	(Fr.)	2 Parts
6.	Nimbū nīra (Nimbū)	(Fr.)	Q.S. for mardana

Dose

125 mg to 250 mg

Important Therapeutic Uses

Ajīrṇa (Dyspepsia), Agnimāndya (Digestive impairment), Kapharoga (Disease due to Kapha doṣa)

16 : 2 ARŚAKUṬHĀRA RASA

(Yogaratnākara, Arśacikitsā: 265)

भागः शुद्धरसस्य भागयुगलं गन्धस्य लोहाभ्रयोः।
षड्बिल्वाग्निहलोषणाभयरजोदन्ती च भागैः पृथक्।।
पञ्च स्युः स्फुटटङ्कणस्य च यवक्षारस्य सिन्धूद्भवाद्।
भागाः पञ्च गवां जलं सुविमलं द्वात्रिंशदेतत्पचेत्।।
स्नुग्दुग्धं च गवां जलावधि शनैः पिण्डीकृतं तद्भवेद्।
द्वौ माषौ गुदकीलकाननजटाच्छेदे कुठारो रसः।।

1.	Śuddha rasa (Pārada)		1 Part
2.	Gandhaka śuddha		2 Parts
3.	Lauha (bhasma)		6 Parts
4.	Abhraka bhasma		5 Parts
5.	Bilva	(Rt.)	5 Parts
6.	Agni (Citraka)	(Rt.)	5 Parts
7.	Hala (śuddha Vatsanābha)	(Rt.)	5 Parts
8.	Ūṣaṇa (Marica)	(Rt.)	5 Parts
9.	Dantī	(Rt.)	5 Parts
10.	Sphuṭa Ṭaṅkaṇa		5 Parts
11.	Yavakṣāra		5 Parts

12.	Sindhūdbhava (Saindhava Lavaṇa)		5 Parts
13.	Gavāñjala (Gomūtra)		32 Parts
14.	Snugdugdha (Snuhī kṣīra)	(Lf.)	32 Parts

Dose

250 mg to 500 mg

Important Therapeutic Uses

Arśa (Haemorrhoids)

Note : Two gram dose is more, so Sāmānya Mātrā of the rasa is to be given.

16 : 3 ĀMAVĀTĀRI RASA

(Bhaiṣajyaratnāvalī, Āmavātādhikāra: 180-181)

रसो गन्धो वरा वह्निर्गुग्गुलुः क्रमवर्द्धितः।
एतदेरण्डतैलेन श्लक्ष्णचूर्णं प्रपेषयेत्।।१८०।।

रुबुतैलेन षड्गुञ्जो हन्त्युष्णजलपायिनाम्।
आमवातमतीवोग्रं दुग्धमुद्गादि वर्जयेत्।।१८१।।

1.	Rasa (Śuddha Pārada)		1 Part
2.	Gandhaka śuddha		1 Part
3.	Harītakī	(P.)	1 Part
4.	Bibhītaka	(P.)	1 Part
5.	Āmalakī	(P.)	1 Part
6.	Vahni (Citraka)	(Rt.)	4 Parts
7.	Guggulu śuddha	(Exd.)	5 Parts
8.	Eraṇḍa taila		Q.S. for mardana

Dose

750 mg

Anupāna

Rubu taila (Eraṇḍa taila) after that uṣṇa jala may be given.

Important Therapeutic Uses

Āmavāta (Rheumatism)

16 : 4 UNMĀDAGAJAKEŚARĪ RASA

(Yogaratnākara, Unmādacikitsā: Page 432)

सूतं गन्धं शिलातुल्यं स्वर्णबीजं विचूर्ण्य च।
भावयेदुग्रगन्धायाः क्वाथैर्मुनिदिनैः पृथक्।।

रास्नाक्वाथेन सप्तैव भावयित्वा विचूर्णयेत्।
रसः सञ्जायते नूनमुन्मादगजकेसरी।।

अस्य माषः ससर्पिष्को लीढो हन्ति हठाद्गदम्।
उन्मादाख्यमपस्मारं भूतोन्मादमपि ज्वरम्।।

1.	Sūta (Śuddha Pārada)		1 Part
2.	Gandhaka (Śuddha Gandhaka)		1 Part
3.	Śilā (Śuddha Manaḥśilā)		1 Part
4.	Svarṇa bīja (Śuddha Dhattūra bīja)	(Sd.)	3 Parts
5.	Ugragandhā kvātha (Vacā)		Q.S. for bhāvanā 7 times
6.	Rāsnā kvātha	(Lf.Rt.)	Q.S. for bhāvanā 7 times

Dose

250 mg to 500 mg

Anupāna

Ghṛta

Important Therapeutic Uses

Unmāda (Mania/Psychosis), Apasmāra (Epilepsy), Bhūtonmāda (Exogenous psychosis), Jvara (Fever)

16 : 5 KANAKASUNDARA RASA

(Bhaiṣajyaratnāvalī, Jvarātisārādhikāra: 49-51)

हिङ्गुलं मरिचं गन्धं पिप्पली टङ्गणं विषम्।
कनकस्य च बीजानि समांशं विजयाद्रवैः।।४९।।

मर्दयेद्याममात्रन्तु गुञ्जामात्रा वटी कृता।
भक्षणाद् ग्रहणीं हन्ति रसः कनकसुन्दरः।।५०।।

अग्निमान्द्यं ज्वरं तीव्रमतिसारञ्च नाशयेत्।
पथ्यं दध्योदनं दद्याद् यद्वा तक्रौदनं चरेत्।।५१।।

1.	Hiṅgula śuddha		1 Part
2.	Marica	(Fr.)	1 Part
3.	Gandha (Śuddha Gandhaka)		1 Part
4.	Pippalī	(Fr.)	1 Part
5.	Ṭaṅgaṇa (śuddha Ṭaṅkaṇa)		1 Part
6.	Viṣa (śuddha Vatsanābha)	(Rt.)	1 Part
7.	Kanaka bīja (śuddha Dhattūra)	(Sd.)	1 Part
8.	Vijayā drava	(Lf.)	Q.S. for mardana

Special Method of Preparation

Juice of the fresh plant of Bhaṅgā should be used. If fresh plant is not available take the leaf part of Vijayā to be boiled with water to make decoction in sufficient quantity for carrying out mardana for one day.

Dose

125 mg Note: Two gram dose is more so sāmānya mātra of the rasa is to be given.

Important Therapeutic Uses

Grahaṇī (Malabsorption syndrome), Agnimāndya (Digestive impairment), Jvara (Fever), Atīsāra (Diarrhoea)

16 : 6 KASTŪRĪ BHAIRAVA RASA

(Rasendrasārasaṅgraha, Jvarādhikāra: 176)

हिङ्गुलञ्च विषं टङ्कं जातीकोषफले तथा।
मरिचं पिप्पली चैव कस्तूरी च समांशिका।
रक्तिद्वयं ततः खादेत् सन्निपाते सुदारुणे।।१७६।।

1.	Hiṅgula śuddha		1 Part
2.	Viṣa (śuddhaVatsanābha)	(Rt.)	1 Part
3.	Ṭaṅka (Śuddha Ṭaṅkaṇa)		1 Part
4.	Jātikōśa (Jātīpatrī)	(Ar.)	1 Part
5.	Jātīphala	(Sd.)	1 Part
6.	Marica	(Fr.)	1 Part
7.	Pippalī	(Fr.)	1 Part
8.	Kastūrī (Mṛgamada)		1 Part
9.	Water		Q.S. for mardana

Dose

250 mg

Important Therapeutic Uses

Sannipāta Jvara (High grade fever due to vitiation of all Doṣa)

16 : 7 KĀÑCANĀBHRA RASA

(Bhaiṣajyaratnāvalī, Rājayakṣmādhikāra: 264-269)

काञ्चनं रससिन्दूरं मौक्तिकं लौहमभ्रकम्।
विद्रुममभया तारं कस्तूरी च मनःशिला।।२६४।।

प्रत्येकं बिन्दुमात्रञ्च सर्वं सम्मर्द्य यत्नतः।
वारिणा वटिका कार्या गुञ्जार्द्धफलमानतः।।२६५।।

अनुपानं प्रयोक्तव्यं यथादोषानुसारतः।
नानारोगप्रशमनं सर्वोपद्रवसंयुतम्।।२६६।।

क्षयं हन्ति तथा कासं श्लेष्मपित्तसमुद्भवम्।
प्रमेहान् विंशतिञ्चैव दोषत्रयसमुत्थितान्।।२६७।।

अशीतिं वातजान् रोगान् नाशयेत्सद्य एव हि।
बलवृद्धिं वीर्यवृद्धिं लिङ्गदार्ढ्यं करोति च।।२६८।।

काञ्चनस्य समा कान्तिर्मदनस्य समं वपुः।
भक्ष्यस्तु प्रातरुत्थाय रसोऽयं काञ्चनाभ्रकः।।२६९।।

1.	Kāñcana (Svarṇa bhasma)		24 g
2.	Rasa Sindūra		24 g
3.	Mauktika (Muktā) Bhasma		24 g
4.	Lauha (bhasma)		24 g
5.	Abhraka bhasma		24 g
6.	Vidruma (Pravāla bhasma)		24 g
7.	Abhayā (Harītakī)	(P.)	24 g
8.	Tāra (Rajata bhasma)		24 g
9.	Kastūrī (Mṛgamada)		24 g
10.	Manaḥśilā (śuddha)		24 g

11.	Jala	Q.S. for mardana

Dose

62.5 mg

Important Therapeutic Uses

Kṣaya (Pthisis), Śleṣmapittaja Kāsa (Cough due to Kapha and Pitta), Prameha (Urinary disorders), Vātaroga (Disease due to Vāta doṣa)

16 : 8 KĀNTAVALLABHA RASA

(Basavarājīyam, Kṣayaprakaraṇa)

कान्तं षोडशभागं च चतुर्दशमयोरजः।
किट्टं द्वादशकं चैव दशभागं तु टङ्कणम्।।

मनश्शिलाष्टभागं च षड्भागं च शिलाजतु।
सर्वेण च समं सूतं गन्धकं चापि तत्समम्।।

आर्द्रमूषोदरे न्यस्य वालुकायन्त्रके क्षिपेत्।
पाचयेत्सप्तरात्रं तु सङ्ग्राह्यं सूक्ष्मचूर्णितम्।।

सेवितं मधुना युक्तं निष्कार्धेन समन्वितम्।
पाण्डुरोगं क्षयं गुल्मं ग्रहणीरोगनाशनम्।।

कासं श्वासं ज्वरं छर्दिं प्लीहोदरमरोचकम्।
मन्दाग्निं कुष्ठरोगं च शूलरोगं भगन्दरम्।।

वातशूलहरं वृष्यमत्यन्तमतिदीपनम्।
तुष्टिपुष्टिकरं कान्तिवर्धनं बलवर्धनम्।।

कान्तवल्लभनाम्नायं विष्णुना निर्मितं पुरा।
सर्वं पाण्डु क्षयञ्चैव लोकस्यारोग्यकारणम्।।

1.	Kāntalauha (Lauha bhasma)	192 g
2.	Lauha bhasma	168 g
3.	Maṇḍūra (bhasma)	144 g
4.	Ṭaṅkaṇa śuddha	120 g
5.	Manaḥśilā śuddha	96 g
6.	Śilājatu śuddha	72 g
7.	Pārada śuddha	792 g
8.	Gandhaka śuddha	792 g

Special Method of Preparation

Prepare the Kajjalī by the process of mardana of Pārada and Gandhaka. Add other substances to it as per requirement and mix together. After that the mixture is kept in ārdra Muṣā which is placed in the Vālukā yāntra for heating for seven days. Afterward the final product may be removed from Mūṣā ground and preserved.

Dose

250 mg to 500 mg

Important Therapeutic Uses

Pāṇḍu (Anaemia), Kṣaya (Pthisis), Kāsa (Cough), Śvāsa (Dyspnoea/Asthma), Pl īhodara (Disorder of Spleen, Ascites associated with spleenomegaly)

16 : 9 KĀMADUDHĀ RASA (MAUKTIKA YUKTA)

(Rasatantrasāra Va Siddha Prayoga Saṅgraha, Kharalīya Rasāyana: 80)

1.	Muktā Piṣṭi	1 Part
2.	Pravāla Piṣṭi	1 Part
3.	Śukti (Muktāśukti bhasma)	1 Part
4.	Varāṭikā (Kapardikā bhasma)	1 Part
5.	Śaṅkha bhasma	1 Part

6.	Svarṇagairika (Śuddha Gairika)		1 Part
7.	Guḍūcī satva	(St.)	1 Part

Dose

125 mg to 500 mg

Anupāna

Sitā, Jīraka, Āmalakī Cūrṇa, Ghṛta.

Important Therapeutic Uses

Pittavikāra (Disorder of Pitta doṣa), Amlapitta (Dyspepsia), Dāha (Burning sensation), Mūrcchā (Syncope), Bhrama (Vertigo), Śiraḥśūla (Headache), Somaroga (Polyuria in females), Pradara (Excessive vaginal discharge), Raktapitta (Bleeding disorder)

16 : 10 KĀLAKŪṬA RASA

(Basavarājīyam, Sannipāta Prakaraṇa)

रुद्रसङ्ख्यामृतं चैव त्रिभागं सूतमेव च।
गन्धकं पञ्चभागं च शिलाया ॠतुभागकम्।।

ताम्रभस्म चतुर्भागमृषिभागं च टङ्कणम्।
तालकं नवभागं च वह्निमूलं तथैव च।।

त्रिफला च त्रिकटुकं दशद्वाद्वशकं तथा।
हिङ्गुभागैकसङ्ख्यानमुग्रगन्धा तथैव च।।

एवं खल्वे च संस्थाप्य ह्यार्द्रकं वह्निमूलकम्।
जम्बीरलशुनं चैव शाङ्र्गी शिग्र्वर्कमूलकम्।।

लाङ्गलीहंसपादेन सिन्धुर्नागदलेन च।
अङ्कोलशिग्रुमूलानि प्रत्येकं याममात्रकम्।।

पञ्चकोलकषायेण पञ्चमूलेन मर्दयेत्।

गुञ्जामात्रं वटीं कृत्वा शृङ्गवेरं पिबेदनु।।
असाध्यं सन्निपातञ्च सर्वज्वरहरं परम्।

1.	Amṛtā (Śuddha Vatsanābha)	(Rt.)	132 g
2.	Sūta (Śuddha Pārada)		36 g
3.	Gandhaka (Śuddha)		60 g
4.	Śilā (Śuddha Manaḥśilā)		72 g
5.	Tāmra bhasma		48 g
6.	Ṭaṅkaṇa (Śuddha)		84 g
7.	Tālaka (Śuddha Haritāla)		108 g
8.	Vahni (Citraka)	(Rt.)	108 g
9.	Harītakī	(P.)	40 g
10.	Bibhītaka	(P.)	40 g
11.	Āmalakī	(P.)	40 g
12.	Śuṇṭhī	(Rz.)	48 g
13.	Marica	(Fr.)	48 g
14.	Pippalī	(Fr.)	48 g
15.	Hiṅgu	(Exd.)	12 g
16.	Ugragandhā (Vacā)	(Rz.)	12 g
17.	Ārdraka svarasa	(Rz.)	Q.S. for bhāvanā
18.	Citraka mūla svarasa	(Rt.)	Q.S. for bhāvanā
19.	Jambīra svarasa (Nimbū)	(Fr.)	Q.S. for bhāvanā
20.	Laśuna svarasa	(Buld.)	Q.S. for bhāvanā
21.	Kākamācī svarasa	(Pl.)	Q.S. for bhāvanā
22.	Śigru mūla svarasa	(Rt.)	Q.S. for bhāvanā
23.	Arka mūla svarasa	(Rt.)	Q.S. for bhāvanā
24.	Lāṅgalī svarasa	(Rt.)	Q.S. for bhāvanā
25.	Haṃsapadī svarasa	(Pl.)	Q.S. for bhāvanā
26.	Tāmbūla (Nāgavallī) patra svaras (Lf.)		Q.S. for bhāvanā

27.	Aṅkola svarasa	(Lf.)	Q.S. for bhāvanā
28.	Śigrumūla	(Rt.)	Q.S. for bhāvanā
29.	Pañcakola kvātha		Q.S. for bhāvanā
30.	Bṛhat pañcamūla kvātha	(Rt.)	Q.S. for bhāvanā

Dose

250 mg

Anupāna

Ārdraka Svarasa

Important Therapeutic Uses

Jvara (Fever)

16 : 11 KRAVYĀDA RASA

(Bhaiṣajyaratnāvalī, Agnimāndyadirogādhikāra: 195-200)

पलं रसस्य द्विपलं बलेः स्याच्छुल्वायसी चार्द्धपलप्रमाणे।
विचूर्ण्य सर्वं द्रुतमग्नियोगादेरण्डपत्रेऽथ निवेशनीयम्।।

कृत्वाथ तां पर्पटिकां विदध्याल्लौहस्य पात्रे वरपूतमस्मिन्।
जम्बीरजं पक्वरसं पलानां शतं नियोज्याग्निमथाल्पमात्रम्।।

जीर्णे रसे भावितमेतदेतैः सुपञ्चकोलोद्भववारिपूरैः।
सवेतसाम्लैः शतमत्र देयं समं रजष्टङ्गणजं सुमृष्टम्।।१९७।।

विडं तदर्द्धं मरिचं समञ्च तत्सप्तधार्द्रं चणकाम्लवारा।
क्रव्यादनामा भवति प्रसिद्धो रसस्तु मन्थानकभैरवोक्तः।।

रक्तिद्वयं सैन्धवतक्रपीतमेतस्य धन्यैः खलु भोजनान्ते।
गुरूणि मांसानि पयांसि पिष्टी घृतानि सेव्यानि फलानि चैव।।

मात्रातिरिक्तान्यपि सेवितानि यामद्वयाज्जारयति प्रसिद्धः।
कार्य्यस्थौल्यनिबर्हणो गरहरः सामार्तिनिर्णाशनो
गुल्मप्लीहजलोदरादिशमनः शूलार्त्तिमूलापहः।
वातश्लेष्मनिबर्हणो ग्रहणिकातीसारविध्वंसनो
वातग्रन्थिमहोदरापहरणः क्रव्यादनामा रसः।। २००।।

1.	Rasa (Śuddha Pārada)			48 g
2.	Bali (Śuddha Gandhaka)			96 g
3.	Śulva (Tāmra bhasma)			24 g
4.	Ayasa (Lauha bhasma)			24 g
5.	Jambīra rasa (Nimbū) (Fr.)			4.800 g
6.	Pañcakola kvātha		Q. S. for bhāvanā	50 times
7.	Vetasāmla svarasa (Amlavetasa) (Fr.)		Q. S. for bhāvanā	50 times
8.	Ṭaṅgaṇaraja(Śuddha Ṭaṅkaṇa)			192 g
9.	Viḍa Lavaṇa			96 g
10.	Marica	(Fr.)		480 g
11.	Caṇakāmla vāri		Q. S. for bhāvanā	7 times

Dose

250 mg

Anupāna

Saindhavayukta Takra

Important Therapeutic Uses

Gulma (Abdominal lump), Plīhā Vṛddhi (Splenomegaly), Jalodara (Ascites), Śūla (Colicky Pain), Grahaṇī (Malabsorption syndrome), Atīsāra (Diarrhoea)

Note

Jambīra Svarasa may be used as a substitute to Caṇakāmla vāri.

16 : 12 KṚMI KUṬHĀRA RASA

(Rasatantrasāra Va Siddha Prayoga Saṅgraha, Kharalīya Rasāyana: 60)

1.	Karpūra		8 Parts
2.	Indrayava (Kuṭaja)	(Sd.)	1 Part
3.	Trāyamāṇa	(Pl.)	1 Part
4.	Ajamodā	(Fr.)	1 Part
5.	Viḍaṅga	(Fr.)	1 Part
6.	Hiṅgula śuddha		1 Part
7.	Vatsanābha śuddha	(Rt.)	1 Part
8.	Nāgakēśara	(Adr.)	1 Part
9.	Vijayā rasa	(Lf.)	Q. S. for bhāvanā One day
10.	Palāśabīja cūrṇa	(Sd.)	15 Parts
11.	Mūṣākarṇī	(Pl.)	Q. S. for bhāvanā One day
12.	Brāhmī rasa	(Pl.)	Q. S. for bhāvanā One day

Dose

125 mg to 375 mg

Anupāna

Svarṇakṣīri Mūla Kvātha, Madhu

Important Therapeutic Uses

Kṛmi Roga (Worm infestation)

16 : 13 GAṆḌAMĀLĀ KAṆḌANA RASA

(Yogaratnākara, Gaṇḍamālādi Cikitsā: Page 625)

कर्षसूतं शुद्धमस्य गन्धकं त्वर्धमुत्तमम्।
सार्धकर्षं ताम्रभस्म मृतं किट्टं त्रिकर्षकम्।।

व्योषं षट्कर्षतुलितमक्षार्धं सैन्धवं सितम्।
काञ्चनारत्वचश्चूर्णं पलत्रयमितं क्षिपेत्।।

पलत्रयं गुग्गुलोश्च शुद्धस्य समुपाहरेत्।
एतद्युक्त्या तु सम्मेल्य दृढं सुरभिसर्पिषा।।

गण्डमालाकण्डनोऽयं रसो माषत्रयात्मकः।
मुक्तो निहन्ति गण्डानि गण्डमालां च दारुणाम्।।

1.	Sūta (Śuddha Pārada)		12 g
2.	Gandhaka śuddha		6 g
3.	Tāmra (Bhasma)		6 g
4.	Mṛta kiṭṭa (Maṇḍūra bhasma)		36 g
5.	Śuṇṭhī	(Rz.)	72 g
6.	Marica	(Fr.)	72 g
7.	Pippalī	(Fr.)	72 g
8.	Saindhava		6 g
9.	Kāñcanāra Tvak Cūrṇa	(St.Bk.)	144 g
10.	Guggulu (śuddha)		144 g
11.	Goghṛta		Q.S. for mardana

Dose

250 mg to 500 mg

Important Therapeutic Uses

Galagaṇḍa (Goiter), Gaṇḍamālā (Cervical lymphadenitis)

16 : 14 GARBHAPĀLA RASA

(Rasatantrasāra Va Siddhaprayoga Saṅgraha, Prathamakhaṇḍa: 140)

1.	Hiṅgula śuddha		12 g
2.	Nāgabhasma (Śataputī)		12 g
3.	Vaṅga bhasma		12 g
4.	Tvak	(St.Bk.)	12 g
5.	Tejapatra	(Lf.)	12 g
6.	Elā	(Sd.)	12 g
7.	Śuṇṭhī	(Rz.)	12 g
8.	Marica	(Fr.)	12 g
9.	Pippalī	(Fr.)	12 g
10.	Dhānyaka	(Fr.)	12 g
11.	Kṛṣṇa Jīraka	(Fr.)	12 g
12.	Cavya	(St.)	12 g
13.	Mṛdvīkā (Drākṣā)	(Dr.Fr.)	12 g
14.	Devadāru	(Ht.Wd.)	12 g
15.	Lauha bhasma		6 g
16.	Aparajita svarasa (Ajarājitā)	(Pl.)	Q. S. for mardana 7 days

Dose

125 mg to 250 mg

Anupāna

Drākṣā Jala

Important Therapeutic Uses

Garbhapāta (Abortion), Garbhasrāva (Threatened abortion), Garbhinī Roga (Disorders during pregnancy), Pradara (Excessive vaginal discharge), Śūla (Colicky Pain), Vibandha (Constipation), Śiroroga (Disease of head), Chardi (Emesis), Agnimāndya

(Digestive impairment)

Note : Take 30 g of Drākṣā and grind it in 120 g of water for obtaining Drākṣā jala.

16 : 15 GARBHA CINTĀMAṆI RASA

(Bhaiṣajyaratnāvalī, Strīrogādhikāra: 326-328)

रसं तारं तथा लौहं प्रत्येकं कर्षमात्रकम्।
कर्षद्वयं तथा चाभ्रं कर्पूरं वङ्गताम्रकम्।।३२६।।

जातीफलं तथा कोषं गोक्षुरञ्च शतावरी।
बलातिबलयोर्मूलं प्रत्येकं तोलकं शुभम्।।३२७।।

वारिणा वटिका कार्या द्विगुञ्जाफलमानतः।
सन्निपातं निहन्त्याशु स्त्रीणाञ्चैव विशेषतः।।

गर्भिण्या ज्वरदाहञ्च प्रदरं सूतिकामयम्।।३२८।।

1.	Rasa (Śuddha Pārada)		12 g	
2.	Tāra (Rajata bhasma)		12 g	
3.	Lauha bhasma		12 g	
4.	Abhra (Abhraka) bhasma		24 g	
5.	Karpūra		24 g	
6.	Vaṅga (bhasma)		24 g	
7.	Tāmra (bhasma)		24 g	
8.	Jātīphala	(Sd.)		12 g
9.	Jātikōṣa (Jātīphala)	(Ar.)		12 g
10.	Gokṣura	(Fr.)	12 g	
11.	Śatāvarī	(Rt.)	12 g	
12.	Balā mūla	(Rt.)	12 g	
13.	Atibalāmūla	(Rt.)	12 g	

14.	Jala	Q. S. for mardana

Dose

250 mg

Important Therapeutic Uses

Garbhiṇī Jvara (Pyrexia during pregnancy), Pradara (Excessive vaginal discharge), S ūtikāroga (Post partum disorder puerperal disorders)

16 : 16 GULMA KĀLĀNALA RASA

(Bhaiṣajyaratnāvalī, Gulmādhikāra: 111-115)

पारदं गन्धकं तालं ताम्रकं टङ्कणं समम्।
तोलद्वयमितं भागं यवक्षारञ्च तत्समम्।।१११।।

मुस्तकं पिप्पली शुण्ठी मरिचं गजपिप्पली।
हरीतकी वचा कुष्ठं तोलैकं चूर्णयेत् सुधीः।।११२।।

सर्वमेकीकृतं पात्रे भावना क्रियते ततः।
पर्पटं मुस्तकं शुण्ठ्यपामार्गं पापचेलिकम्।।११३।।
तत्पुनश्चूर्णयेत्पश्चात् सर्वगुल्मनिवारणम्।
गुञ्जाचतुष्टयं खादेद्धरीतक्यनुपानतः।।११४।।

वातिकं पैत्तिकं गुल्मं श्लैष्मिकं सान्निपातिकम्।
द्वन्द्वजञ्च निहन्त्याशु वातगुल्मं विशेषतः।।
श्रीमद्गहननाथेन निर्मितो विश्वसम्पदे।।११५।।

1.	Pārada śuddha	24 g
2.	Gandhaka śuddha	24 g
3.	Tāla (Śuddha Haritāla)	24 g
4.	Tāmraka (Tāmra) (bhasma)	24 g

5.	Ṭaṅkaṇa śuddha		24 g
6.	Yavakṣāra		120 g
7.	Mustaka (Mustā)	(Rz.)	12 g
8.	Pippalī	(Fr.)	12 g
9.	Śuṇṭhī	(Rz.)	12 g
10.	Marica	(Fr.)	12 g
11.	Gajapippalī	(Fr.)	12 g
12.	Harītakī	(Fr.P.)	12 g
13.	Vacā	(Rz.)	12 g
14.	Kuṣṭha	(Rt.)	12 g
15.	Parpaṭa kvātha	(Pl.)	Q. S. for bhāvanā 7 times
16.	Mustaka kvātha (Mustā)	(Rz.)	Q. S. for bhāvanā 7 times
17.	Śuṇṭhī Kvātha	(Rz.)	Q. S. for bhāvanā 7 times
18.	Apāmārga Kvātha	(Pl.)	Q. S. for bhāvanā 7 times
19.	Pāpacelika kvātha (pāṭhā kvātha)	(Rt.)	Q. S. for bhāvanā 7 times

Dose

500 mg

Anupāna

Harītakī Kvātha

Important Therapeutic Uses

Gulma (Abdominal lump)

16 : 17 GRAHAṆĪ KAPĀṬA RASA

(Bṛhadyogataraṅgiṇī, Saptaṣaṣṭitamastaraṅga, Grahaṇīcikitsā: 67-68)

रसेन्द्रगन्धातिविषाभयाभ्रं क्षारत्रयं मोचरसो वचा च।
जया च जम्बीररसेन पिष्टं पिण्डीकृतं स्याद् ग्रहणीकपाटम्।।

तस्यार्धमाषं मधुना प्रभाते शम्बूकभस्माभियुतं निहन्ति।
उग्रं ग्रहण्यामयमग्निमान्द्यं क्षैण्यं क्षयं श्वासमुरःक्षतं च।।

1.	Rasendra (Śuddha Pārada)		1 Part
2.	Gandhaka (Śuddha Gandhaka)		1 Part
3.	Ativiṣā	(Rt.)	1 Part
4.	Abhayā (Harītakī)	(P.)	1 Part
5.	Abhra (Abhraka bhasma)		1 Part
6.	Svarjikṣāra		1 Part
7.	Yavakṣāra		1 Part
8.	Ṭaṅkaṇa kṣāra		1 Part
9.	Mocarasa (Śālmalī)	(Exd.)	1 Part
10.	Vacā	(Rz.)	1 Part
11.	Jayā rasa (Agnimantha)	(Lf.)	Q. S. for mardana
12.	Jambīra rasa (Nimbū)	(Fr.)	Q. S. for mardana

Dose

500 mg

Anupāna

Madhu, Śambūka Bhasma

Important Therapeutic Uses

Grahaṇī Roga (Malabsorption syndrome), Agnimāndya (Digestive impairment), Kṣaya (Pthisis), Śvāsa (Dyspnoea/Asthma), Uraḥkṣata (Chest wound / injured chest/ disease

of lungs)

16 : 18 CANDRĀṂŚU RASA

(Bhaiṣajyaratnāvalī, Strīrogādhikāra: 85-87)

रसमभ्रमयो वङ्गं गन्धकं कन्यकाम्बुना।
मर्दयित्वा वटीं कुर्याद् गुञ्जाद्वन्द्वप्रमाणतः।।८५।।

जीरक्वाथेन पीतोऽयं रसश्चन्द्रांशुसंज्ञकः।
जरायुदोषानखिलान् योनिशूलं सुदारुणम्।।८६।।

योनिकण्डूं स्मरोन्मादं योनिविक्षेपणं तथा।
निराकरोति सन्तापं चन्द्रांशुर्देहिनं यथा।।८७।।

1.	Rasa (Śuddha Pārada)		1 Part
2.	Abhra (Abhraka bhasma)		1 Part
3.	Ayas (Lauha bhasma)		1 Part
4.	Vaṅga (bhasma)		1 Part
5.	Gandhaka śuddha		1 Part
6.	Kanyakāmbu (Kumārī svarasa)	(So. ext)	Q. S. for mardana

Dose

250 mg

Anupāna

Jīraka Kvātha

Important Therapeutic Uses

Yoniśūla (Pain in female genital tract), Jarāyu Doṣa (Vitiation of placenta)

16 : 19 JALODARĀRI RASA

(Bhaiṣajyaratnāvalī, Udararogādhikāra: 118-120)

रसेन गन्धं द्विगुणं शिला च निशा च बीजं जयपालकस्य।
फलत्रयं त्र्यूषणकञ्च चित्रं सर्वं विचूर्ण्यापि विभावयेच्च।।११८।।

दन्तीस्नुहीभृङ्गरसे पृथक् च सम्भाव्य संशोष्य च सप्तवारान्।
वयोबलं वीक्ष्य तथा ददीत जाते विरेके च ददीत पथ्यम्।।११९।।

अन्नं सतक्रं शिशिरानुशायि जाते बले तत्पुनरेव दद्यात्।
तक्रेण रोगः समुपैति शान्तिं सिद्धो रसो नाम जलोदरारिः।।१२०।।

1.	Rasa (śuddha Pārada)		1 Part
2.	Gandha (śuddha Gandhaka)		2 Parts
3.	Śilā (Manaḥśilā śuddha)		1 Part
4.	Niśā (Haridrā)	(Rz.)	1 Part
5.	Jayapāla śuddha	(Sd.)	1 Part
6.	Harītakī	(Fr.P.)	1 Part
7.	Bibhītaka	(Fr.P.)	1 Part
8.	Āmalakī	(Fr.P.)	1 Part
9.	Śuṇṭhī	(Rz.)	1 Part
10.	Marica	(Fr.)	1 Part
11.	Pippalī	(Fr.)	1 Part
12.	Citraka	(Rt.)	1 Part
13.	Dantīmūla Svarasa	(Rt.)	Q. S. for bhāvanā 7 times
14.	Snuhī kṣīra	(L)	Q. S. for bhāvanā 7 times
15.	Bhṛṅgarāja rasa	(Pl.)	Q. S. for bhāvanā 7 times

Dose

125 mg

Anupāna

Takra

Important Therapeutic Uses

Jalodara (Ascites)

16 : 20 JAVĀHARA MOHARĀ

(Siddhayogasaṅgraha, Hṛdrogādhikāra)

1.	Māṇikya piṣṭī		24 g
2.	Pannā piṣṭī		24 g
3.	Muktā piṣṭī		24 g
4.	Pravāla piṣṭī		24 g
5.	Saṅgeyaśava piṣṭī		48 g
6.	Kaharuvā (Tṛṇakāntamaṇi) piṣṭī		24 g
7.	Rajata varka		12 g
8.	Svarṇa varka		12 g
9.	Dariyāyī Nāriyala (Cūrṇa)	(Fr.)	48 g
10.	Avareśama		24 g
11.	Mṛgaśṛṅga bhasma		48 g
12.	Jadvāra (Nirvisā) Cūrṇa	(Rt.)	24 g
13.	Kastūrī (Mṛgamada)		12 g
14.	Ambara		12 g
15.	Gulāba arka (Śatapatrikā)		Q. S. for mardana 14 days

Dose

125 mg

Anupāna

Madhu, Dugdha

Important Therapeutic Uses

Hṛddaurbalya (Weakness of the heart)

16 : 21 JVARĀṄKUŚA RASĀ (KA)

(Bhaiṣajyaratnāvalī, Jvarādhikāra: 801-803)

शुद्धं सूतं तथा गन्धं बीजं धूस्तूरसम्भवम्।
महौषधं टङ्कणञ्च हरितालं तथामृतम्।।८०१।।

भृङ्गराजाम्भसा सर्वं मर्दयित्वा वटीं चरेत्।
गुञ्जाप्रमाणां तां खादेद्यथादोषानुपानतः।।८०२।।

एष ज्वराङ्कुशो नाम्ना विषमज्वरनाशनः।
ज्वरातिसारं मन्दाग्निं नाशयेच्चाविकल्पतः।।८०३।।

1.	Sūta (Śuddha Pārada)		1 Part
2.	Gandha (Śuddha Gandhaka)		1 Part
3.	Dhustūra bīja (Śuddha Dhattūra)	(Sd.)	1 Part
4.	Mahauṣadha (Śuṇṭhī)	(Rz.)	1 Part
5.	Ṭaṅkaṇa (Śuddha)		1 Part
6.	Haritāla (Śuddha)		1 Part
7.	Amṛta (Śuddha Vatsanābha)	(Rt.)	1 Part
8.	Bhṛṅgarājāmbhasa (Bhṛṅgarāja svarasa)	(Pl.)	Q. S. for mardana

Dose

125 mg

Important Therapeutic Uses

Viṣamajvara (Intermittent fever), Jvarātīsāra (Diarrhoea with fever), Agnimāndya (Digestive impairment)

16 : 22 JVARĀṄKUŚA RASA (KHA)

(Śārṅgadharasaṃhitā, Madhyamakhaṇḍa, Adhyāya 12: 42-44)

खण्डितं मृगशृङ्गं च ज्वालामुख्या रसैः समम्।
रुद्ध्वा भाण्डे पचेच्चुल्ल्यां यामयुग्मं ततो नयेत्।।४२।।

अष्टांशं त्रिकटुं दद्यान्निष्कमात्रं च भक्षयेत्।
नागवल्लीरसैः सार्धं वातपित्तज्वरापहम्।।४३।।

अयं ज्वराङ्कुशो नाम रसः सर्वज्वरापहः।
ऐकाहिकं द्व्याहिकं च त्र्याहिकं वा न संशयः।।४४।।

1.	Mṛgaśṛṅga		1 Part
2.	Jvālāmukhī rasa (Agnimantha)	(Lf.)	Q. S.
3.	Trikaṭu (Śuṇṭhī, Marica, Pippalī)		1/8 Part

Special Method of Preparation

In an earthen pot, take the required quantity of Jvālāmukhī rasa, and add to it, small piece of Mṛgaśṛṅga. Close the mouth of the pot and heat it for 6 hours. Allow to cool by itself; transfer the piece of Mṛgaśṛṅga to a mortar and add to it, Trikaṭu, in the proportion of 1/8 th to the quantity of Mṛgaśṛṅga taken. Mix and grind well.

Dose

250 mg to 500 mg

Anupāna

Nāgavallī Rasa

Important Therapeutic Uses

Jvara (Fever)

16 : 23 TĀRAKEŚVARA RASA

(Bhaiṣajyaratnāvalī, Bahūmutrādhikāra: 27-28)

मृतसूताभ्रगन्धञ्च मर्दयेन्मधुना दिनम्।।

तारकेश्वरनामायं गहनानन्दभाषितः।।२७।।

गुञ्जामात्रं भजेत्क्षौद्रैर्बहुमूत्रप्रशान्तये।
उदुम्बरफलं पक्वं चूर्णितं कर्षमात्रकम्।
संलिह्यान्मधुना सार्द्धमनुपानं सुखावहम्।।२८।।

1.	Mṛta Sūta (Rasa sindūra)	1 Part
2.	Abhra (Abhraka bhasma)	1 Part
3.	Gandha (Śuddha Gandhaka)	1 Part
4.	Madhu	Q. S. for mardana One day

Dose

125 mg to 250 mg

Anupāna

Madhu, Udumbaraphala Cūrṇa (12 g)

Important Therapeutic Uses

Bahumūtra (Polyuria)

16 : 24 TRIVIKRAMA RASA

(Śārṅgadharasaṃhitā, Madhyamakhaṇḍa, Adhyāya 12: 172-174)

मृतं ताम्रमजाक्षीरैः पाच्यं तुल्यैर्गतद्रवम्।
तत् ताम्रं शुद्धसूतं च गन्धकं च समं समम्।।१७२।।

निर्गुण्डीस्वरसैर्मर्द्यं तद्गोलं सन्धयेद् दिनम्।
यामैकं बालुकायन्त्रे पाच्यं योज्यं द्विगुञ्जकम्।।१७३।।

बीजपूरकमूलं तु सजलं चानुपाययेत्।
रसस्त्रिविक्रमो नाम्ना मासैकेनाश्मरीप्रणुत्।।१७४।।

1.	Mṛta Tāmra (Tāmra bhasma)	1 Part
2.	Ajākṣīra	1 Part

3.	Sūta (Śuddha Pārada)		1 Part
4.	Gandhaka śuddha		1 Part
5.	Nirguṇḍī svarasa	(Lf.)	Q. S. for mardana

Special Method of Preparation

Boil Tāmra Bhasma in an equal quantity of Ajā Dugdha in the first instance. When the portion of milk is reduced, add Pārada and the rest of the dravyas in it and make a ball of these substances by applying "mardana" process with Nirguṇḍī Patra Svarasa.Transfer the ball to a Vālukā Yantra and heat for three hours. It is allowed to cool by itself. Remove Auṣadha Dravya and grind it before preserving.

Dose

250 mg

Anupāna

Bījapūraka mūla tvak (bijaurā Nīmbū mūla tvak kalka) and water.

Important Therapeutic Uses

Aśmarī (Calculus)

16 : 25 DANTODBHEDA GADĀNTAKA RASA

(Bhaiṣajyaratnāvalī, Bālarogādhikāra: 160-162)

पिप्पलीपिप्पलीमूलचव्यचित्रकनागरैः।
अजमोदायमानीभ्यां निशया मधुकेन च।।१६०।।

दारुदार्वीविडङ्गैलानागकेशरनीरदैः।
शटीशृङ्गीविडैर्व्योम्ना शङ्खायोहेममाक्षिकैः।

विधाय पयसा पिष्टैर्वटिका वल्लसम्मिताः।
दन्तघर्षेऽभ्यवहृतौ योजयेच्च प्रयोगवित्।।१६१।।

प्रयोगादस्य दन्तानां त्वरयोद्गमतो गदाः।

ज्वराक्षेपातिसाराद्या निवर्त्तन्ते न संशयः।।१६२।।

1.	Pippalī	(Fr.)	1 Part
2.	Pippalī mūla	(Rt.)	1 Part
3.	Cavya	(Rt.)	1 Part
4.	Citraka	(Rt.)	1 Part
5.	Nāgara (Śuṇṭhī)	(Rt.)	1 Part
6.	Ajamodā	(Fr.)	1 Part
7.	Yamānī (Yavānī)	(Fr.)	1 Part
8.	Niśā (Haridrā)	(Rz.)	1 Part
9.	Madhuka (Yaṣṭī)	(Rt.)	1 Part
10.	Dāru (Devadāru)	(Ht.Wd.)	1 Part
11.	Dārvī (Dāruharidrā)	(St.)	1 Part
12.	Viḍaṅga	(Fr.)	1 Part
13.	Elā (Sūkṣmailā)	(Sd.)	1 Part
14.	Nāgakeśara	(Adr.)	1 Part
15.	Nīrada (Mustā)	(Rz.)	1 Part
16.	Śaṭhī (Śaṭī)	(Rz.)	1 Part
17.	Śṛṅgī (Karkaṭaśṛṅgī)	(Gl.)	1 Part
18.	Viḍa Lavaṇa		1 Part
19.	Vyoma (Abhraka bhasma)		1 Part
20.	Śaṅkha (bhasma)		1 Part
21.	Ayasa (Lauha bhasma)		1 Part
22.	Hemamākṣika (Mākṣika bhasma)		1 Part
23.	Payasa (Godugdha)		Q. S. for mardana

Dose

250 mg

Important Therapeutic Uses

Dantodbhava Kālīna Jvara (Fever during dentation), Atīsāra (Diarrhoea), Ākṣepa (Convulsions)

16 : 26 NĀRĀCA RASA

(Yogaratnākara, Udaracikitsā: Page 597)

भृष्टटङ्कणतुल्यं तु मरिचं च रसं समम्।
गन्धकं पिप्पली शुण्ठी द्वौ द्वौ भागौ विचूर्णयेत्।।
सर्वतुल्यं क्षिपेद्दन्तीबीजं सर्वमकल्मषम्।
द्विगुञ्जं रेचनं चैतदुदराणि व्यपोहति।।

1.	Ṭaṅkaṇa śuddha		1 Part
2.	Marica	(Fr.)	1 Part
3.	Rasa (Śuddha Pārada)		1 Part
4.	Gandhaka śuddha		2 Parts
5.	Pippalī	(Fr.)	2 Parts
6.	Śuṇṭhī	(Rz.)	2 Parts
7.	Dantī	(Sd.)	9 Parts

Dose

250 mg

Important Therapeutic Uses

Udararoga (Ascites), Vibandha (Constipation)

16 : 27 NĀGĀRJUNĀBHRA RASA

(Bhaiṣajyaratnāvalī, Hṛdrogādhikāra: 62-64)

सहस्रपुटजैः शुद्धं वज्राभ्रमर्जुनत्वचः।
सत्त्वैर्विमर्दितं सप्तदिनं खल्ले विशोषितम्।।६२।।

छायाशुष्का वटी कार्या नाम्नेदमर्जुनाह्वयम्।
हृद्रोगं सर्वशूलार्शो हृल्लासच्छर्द्यरोचकान्।।६३।।

अतीसारमग्निमान्द्यं रक्तपित्तं क्षतक्षयम्।
शोथोदराम्लपित्तञ्च विषमज्वरमेव च।।
हन्त्यन्यानपि रोगांश्च बल्यं वृष्यं रसायनम्।।६४।।

1.	Abhra (Abhraka bhasma)	(100 Puta)	Q. S.
2.	Arjuna tvak kvātha (Aryuna)	(St.Bk.)	Q. S. for mardana 7 days

Dose

125 mg to 250 mg

Important Therapeutic Uses

Hṛdroga (Heart disease), Śūla (Colicky Pain), Arśa (Haemorrhoids), Hṛllāsa (Nausea), Raktapitta (Bleeding disorder), Kṣataja Kṣaya (Emaciation due to injury), Śotha (Inflammation), Viṣamajvara (Intermittent fever)

Special Note : In the text, sahasrapuṭa Abhraka bhasma is mentioned to be used. However the Committee observed that 100 puṭa Abhraka bhasma is generally used by pharmacies and physicians. Therefore use of minimum 100 puṭa Abhraka bhasma may be permitted.

16 : 28 NITYĀNANDA RASA

(Bhaiṣajyaratnāvalī, Ślipadādhikāra: 33-41)

हिङ्गुलसम्भवं सूतं गन्धकं मृतताम्रकम्।
कांस्यं वङ्गं हरितालं तुत्थं शङ्खं विदारिका।।३३।।

त्रिकटु त्रिफला लौहं विडङ्गं पटुपञ्चकम्।
चविका पिप्पलीमूलं हवुषा च वचा तथा।।३४।।

शटी पाठा देवदारु एला च वृद्धदारुकम्।
त्रिवृता चित्रकं दन्ती गृहीत्वा तु पृथक् पृथक्।।३५।।

एतानि समभागानि सञ्चूर्ण्य गुडकीकृतम्।
हरीतकीरसं दत्त्वा दशगुञ्जोन्मितं शुभम्।।३६।।

एकैकं भक्षयेन्नित्यं शीतञ्चानु पिबेज्जलम्।
श्लीपदं कफवातोत्थं रक्तमांसाश्रितञ्च यत्।।३७।।

मेदोगतं धातुगतं निहन्ति नात्र संशयः।
अर्बुदं गण्डमालाञ्च वातरक्तं सुदारुणम्।।३८।।

कफवातोद्भवं रोगमन्त्रवृद्धिं चिरन्तनीम्।
वातरक्ते वातकफे गुदरोगे कृमौ तथा।।३९।।

अग्निवृद्धिं करोत्येष बलं वर्णञ्च सुस्थताम्।
श्रीमद्गहननाथेन निर्मितो विश्वसम्पदे।।४०।।

नित्यानन्दरसश्चायं महाश्लीपदनाशनः।
रक्तजे पित्तजे चापि श्लीपदे योजयेदमुम्।।
नातः परतरं किञ्चिद् विद्यते श्लीपदामये।।४१।।

1.	Hiṅgula sambhava sūta (Hiṅgulottha Pārada)		1 Part
2.	Gandhaka (Śuddha)		1 Part
3.	Mṛta Tāmra (Tāmra bhasma)		1 Part
4.	Kāṃsya (bhasma)		1 Part
5.	Vaṅga (bhasma)		1 Part
6.	Haritāla śuddha		1 Part
7.	Tuttha śuddha		1 Part
8.	Śaṅkha bhasma		1 Part
9.	Vidārīkā (Vidārī)	(Rt.Tr.)	1 Part
10.	Śuṇṭhī	(Rz.)	1 Part

11.	Marica	(Fr.)	1 Part
12.	Pippalī	(Fr.)	1 Part
13.	Harītakī	(P.)	1 Part
14.	Bibhītaka	(P.)	1 Part
15.	Āmalakī	(P.)	1 Part
16.	Lauha (bhasma)		1 Part
17.	Viḍaṅga	(Fr.)	1 Part
18.	Viḍa Lavaṇa		1 Part
19.	Sāmudra Lavaṇa		1 Part
20.	Saindhava Lavaṇa		1 Part
21.	Sauvarcala Lavaṇa		1 Part
22.	Romaka Lavaṇa		1 Part
23.	Cavikā (Cavya)	(St.)	1 Part
24.	Pippalī mūla	(Rt.)	1 Part
25.	Havuṣa (Hapuṣa)	(Fr.)	1 Part
26.	Vacā	(Rz.)	1 Part
27.	Pāṭhā	(Rt.)	1 Part
28.	Devadāru	(Ht.Wd.)	1 Part
29.	Elā (Sūkṣmailā)	(Sd.)	1 Part
30.	Vṛddhadāruka	(Rt.)	1 Part
31.	Trivṛtā (Trivṛt)	(Rt.)	1 Part
32.	Citraka	(Rt.)	1 Part
33.	Dantī	(Rt.)	1 Part
34.	Śaṭī	(Rt.)	1 Part
35.	Harītakī rasa (Kvātha)	(P.)	Q. S. for mardana

Dose

250 mg to 500 mg

Anupāna

Śītala Jala

Important Therapeutic Uses

Ślīpada (Filariasis), Arbuda (Tumor)

16 : 29 NIDRODAYA RASA

(Rasayogasāgara: 448)

रसभस्म तुगाक्षीरी नागफेनं पृथक् पृथक्।
अर्धकर्षाणि सङ्गृह्य धातकी धात्रिकाभवम्।।

चूर्णं कर्षद्वयं ग्राह्यं मातुलानीद्रवैस्त्रिधा।
विभाव्य द्विगुणां द्राक्षां मेलयित्वाऽष्टगुञ्जकम्।।

भक्षयित्वा पिबेद्दुग्धं निद्राकारकमुत्तमम्।
रेतसःस्तम्भने दक्षं बलवर्णौजःप्रवर्द्धनम्।।

1.	Rasa bhasma (Rasa sindūra)		6 g
2.	Tugāksīrī (Vaṃśa)	(S.C.)	6 g
3.	Nāgaphena (Ahiphena)	(Exd.)	6 g
4.	Dhātakī cūrṇa	(Fl.)	24 g
5.	Dhātrī cūrṇa (Āmalakī)	(P.)	24 g
6.	Mātulānī drava (Vijayā)	(Lf.)	Q. S. for bhāvanā
7.	Drākṣā	(Dr. Fr.)	132 g

Dose

500 mg to 1 g

Anupāna

Dugdha

Important Therapeutic Uses

Anidrā (Insomnia), Śīghra Śukra Skhalana (Premature ejaculation), Balavarṇa Kṣaya (Loss of physical strength and complexion)

16 : 30 NṚPATIVALLABHA RASA

(Bhaiṣajyaratnāvalī, Grahaṇīrogādhikāra: 523-532)

जातीफललवङ्गाब्दत्वगेलाटङ्गरामठम्।
जीरकं तेजपत्रं च यमानी विश्वसैन्धवम्।।५२३।।

लौहमभ्रं रसो गन्धं ताम्रं प्रत्येकशः पलम्।
मरिचं द्विपलं दत्त्वा छागीक्षीरेण पेषयेत्।।५२४।।

धात्रीरसेन वा पेष्यं वटिकां कुरु यत्नतः।
श्रीमद्गहननाथेन विचिन्त्य परिनिर्मितः।।५२५।।

सूर्यवत्तेजसा चायं रसो नृपतिवल्लभः।
अष्टादशवटीं खादेत्पवित्रः सूर्यदर्शकः।।५२६।।

हन्ति मन्दानलं शोथमामदोषं विसूचिकाम्।
प्लीहगुल्मोदराष्ठीलायकृत्पाण्डुं सकामलाम्।।५२७।

हृच्छूलं पार्श्वशूलञ्च चक्षुःशूलं हलीमकम्।
शिरःशूलं कटीशूलमानाहमष्टशूलकम्।।५२८।।

सश्वासमामवातञ्च श्लीपदं महदर्बुदम्।
गलगण्डं गण्डमालामम्लपित्तञ्च गर्दभीम्।।५२९।।

कृमिकुष्ठानि संहन्ति वातरक्तं भगन्दरम्।
जीर्णज्वरं ज्वरं कण्डूं तन्द्रालस्यं वमिं भ्रमिम्।।५३०।।

दाहविद्रधिहिक्काञ्च जडं गद्गदमूकताम्।
दुर्वारं स्वरभेदञ्च ब्रध्नवृद्धिविसर्पकान्।।५३१।।

ऊरुस्तम्भं रक्तपित्तं गुदभ्रंशारुचिं तृषाम्।
कर्णनासासमुत्थांश्च दन्तरोगं च पीनसम्।।

स्थौल्यं च कुरुते नित्यं रसो नृपतिवल्लभः।।५३२।।

1.	Jātīphala	(Sd.)	48 g
2.	Lavaṅga	(Fl.)	48 g
3.	Abda (Mustā)	(Rz.)	48 g
4.	Tvak	(St.Bk.)	48 g
5.	Elā (Sūkṣmailā)	(Sd.)	48 g
6.	Ṭaṅga (ŚuddhaṬaṅkaṇa)		48 g
7.	Rāmaṭha (Hiṅgu)	(Exd.)	48 g
8.	Jīraka (Śveta jīraka)	(Fr.)	48 g
9.	Tejapatra	(Lf.)	48 g
10.	Yamānī (Yavānī)	(Fr.)	48 g
11.	Viśvā (Śuṇṭhī)	(Rz.)	48 g
12.	Saindhava		48 g
13.	Lauha (bhasma)		48 g
14.	Abhra (Abhraka) bhasma		48 g
15.	Rasa (Śuddha Pārada)		48 g
16.	Gandha (Śuddha Gandhaka)		48 g
17.	Tāmra (bhasma)		48 g
18.	Marica	(Fr.)	96 g
19.	Chāgīkṣīra (Ajākṣīra)		Q. S. for mardana
20.	Dhātrī rasa (Āmalakī)	(P.)	Q. S.. for mardana

Dose

500 mg

Important Therapeutic Uses

Grahaṇī (Malabsorption syndrome), Agnimāndya (Digestive impairment), Āmadoṣa (Products of impaired digestion and metabolism / consequences of Āma), Viṣūcikā (Gastro-

enteritis with piercing pain), Gulma (Abdominal lump), Udararoga (Ascites), Pāṇḍu (Anaemia), Ānāha (Distension of abdomen due to obstruction to passage of urine and stools), Śūla (Colicky Pain)

16 : 31 PAÑCĀNANA RASA

(Rasayogasāgara: 35)

लोहाऽभ्रगन्धाऽरुणपारदानां समं रजो वर्तुलपर्णिकायाः।
द्रवेण सिक्तं लघुना पुटेन प्रसाधितं क्षौद्रघृताऽवगाढम्।।४३।।

निषेवितं तद्विधिना नराणां निहन्ति पाण्डूदरशोथमेहान्।
हलीमकं कामलिकाऽतिसारमर्शांसि कुष्ठानि च वह्निमान्द्यम्।।४४।।

1.	Loha (Lauha bhasma)		1 Part
2.	Abhra (Abhraka bhasma)		1 Part
3.	Gandha (Śuddha Gandhaka)		1 Part
4.	Aruṇa (Śuddha Hiṅgula)		1 Part
5.	Pārada śuddha		1 Part
6.	Vartulaparṇī (Pāṭhā) (Svarasa)	(Lf.)	Q. S. for mardana

Dose

250 mg

Anupāna

Madhu (Kṣaudra), Ghṛta

Important Therapeutic Uses

Pāṇḍu (Anaemia), Udararoga (Ascites), Śotha (Inflammation), Meha (Excessive flow of urine), Halīmaka (Chronic obstructive Jaundice/Chlorosis/Advanced stage of Jaundice), Kāmalā (Jaundice), Atīsāra (Diarrhoea), Arśa (Haemorrhoids), Kuṣṭha (Diseases of skin), Agnimāndya (Digestive impairment)

16 : 32 PĪYŪṢAVALLĪ RASA

(Bhaiṣajyaratnāvalī, Grahaṇirogādhikāra: 394-405)

सूतकं गन्धकश्चाभ्रं तारं लौहं सटङ्गणम्।
रसाञ्जनं माक्षिकञ्च शाणमेकं पृथक् पृथक्।।३९४।।

लवङ्गं चन्दनं मुस्तं पाठा जीरकधान्यकम्।
समङ्गातिविषा लोध्रं कुटजेन्द्रयवं त्वचम्। ३९५।।

जातीफलं चिरबिल्वं कनकं दाडिमच्छदम्।
समङ्गा धातकी कुष्ठं प्रत्येकं रससम्मितम्।।३९६।।

भावयेत्सर्वमेकत्र केशराजरसैः पुनः।
चणकाभा वटी कार्या छागीदुग्धेन पेषिता।।३९७।।

अनुपानं प्रदातव्यं दग्धबिल्वं समं गुडम्।
अतीसारं ज्वरं तीव्रं रक्तातीसारमुल्बणम्।।३९८।।

ग्रहणीं चिरजां हन्ति शोथं दुर्नामकं तथा।
आमशूलविबन्धघ्नः सङ्ग्रहग्रहणीहरः ।।३९९।।

पिच्छामदोषं विविधं पिपासादाहरोगकम्।
हृल्लासारोचकच्छर्दिगुदभ्रंशं सुदारुणम्।।४००।।

पक्वापक्वमतीसारं नानावर्णं सवेदनम्।
कृष्णारुणञ्च पीतञ्च मांसधावनसन्निभम्।।४०१।।

प्लीहगुल्मोदरानाहसूतिकारोगसङ्करम्।
असृग्दरं निहन्त्येव वन्ध्यानां गर्भदः परम्।।४०२।।

कामलां पाण्डुरोगञ्च प्रमेहानपि विंशतिम्।
एतान् सर्वान् निहन्त्याशु मासार्धे नात्र संशयः।।४०३।।

पीयूषवल्लीवटिका अश्विभ्यां निर्मिता पुरा।
कश्यपाय ददेऽश्विभ्यां ततः प्राप प्रजापतिः।।४०४।।

धन्वन्तरिस्ततः प्राप देवतानां पतिस्ततः।

परम्पराप्राप्त एष रसस्त्रैलोक्यदुर्लभः।।४०५।।

1.	Sūtaka (Śuddha Pārada)		6 g
2.	Gandhaka śuddha		6 g
3.	Abhra (Abhraka bhasma)		6 g
4.	Tāra (Rajata bhasma)		6 g
5.	Lauha (bhasma)		6 g
6.	Ṭaṅgaṇa (Śuddha Ṭaṅkaṇa)		6 g
7.	Rasāñjana (Dāruharidrā)	(Ext.)	6 g
8.	Mākṣika (bhasma)		6 g
9.	Lavaṅga	(Fl.)	6 g
10.	Candana (Śveta candana)	(Ht.Wd.)	6 g
11.	Musta (Mustā)	(Rz.)	6 g
12.	Pāṭhā	(Rt.)	6 g
13.	Jīraka (Śveta Jīraka)	(Fr.)	6 g
14.	Dhānyaka	(Fr.)	6 g
15.	Samaṅgā (Lajjālu)	(Pl.)	6 g
16.	Ativiṣā	(Rt.)	6 g
17.	Lodhra	(St.Bk.)	6 g
18.	Kuṭaja	(St.Bk.)	6 g
19.	Indrayava (Kuṭaja)	(Sd.)	6 g
20.	Tvak	(St.Bk.)	6 g
21.	Jātīphala	(Sd.)	6 g
22.	Cirabilva	(Fr.P.)	6 g
23.	Kanaka bīja (Śuddha Dhattūra)	(Sd.)	6 g
24.	Dāḍimacchada (Dāḍima)	(Fr.P.)	6 g
25.	Samaṅgā (Lajjālu)	(Pl.)	6 g
26.	Dhātakī	(Fl.)	6 g
27.	Kuṣṭha	(Rt.)	6 g

28.	Keśarāja (Bhṛṅgarāja)	(Pl.)	Q. S. for mardana
29.	Chāgīdugdha (Ajākṣīra)		Q. S. for bhāvanā

Dose

500 mg

Anupāna

Agnidagdha Bilvaphalamajjā, Guḍa

Important Therapeutic Uses

Atīsāra (Diarrhoea), Jvara (Fever), Raktātīsāra (Diarrhoea with Bleeding), Grahaṇī (Malabsorption syndrome), Śotha (Inflammation), Āmaja Śūla (Intestinal colic due to indigestion), Vibandha (Constipation), Hṛllāsa (Nausea), Aruci (Tastelessness), Chardi (Emesis), Gudabhraṃśa (Prolapse of the rectum), Plīhā Vṛddhi (Splenomegaly), Gulma (Abdominal lump), Udararoga (Ascites), Sūtikā Roga (Puerperal disease), Asṛgdara (Menorrhagia or Metrorrhagia or both), Kāmalā (Jaundice), Pāṇḍu (Anaemia), Prameha (Urinary disorders)

16 : 33 PUṢPADHANVĀ RASA

(Bhaiṣajyaratnāvalī, Vājīkaraṇādhikāra: 290)

हरजभुजगलौहं चाभ्रकं वङ्गचूर्णं कनकविजययष्टी शाल्मली नागवल्ली।
घृतमधुसितदुग्धं पुष्पधन्वा रसेन्द्रो रमयति शतरामा दीर्घमायुर्बलञ्च।।२९०।।

1.	Haraja (Rasa sindūra)		1 Part
2.	Bhujaṅga lauha (Nāga bhasma)		1 Part
3.	Abhraka (bhasma)		1 Part
4.	Vaṅga cūrṇa (bhasma)		1 Part
5.	Kanaka (Dhattūra) Svarasa	(Lf.)	Q. S. for mardana
6.	Vijayā rasa (kvātha)	(Lf.)	Q. S. for mardana

7.	Yaṣṭī kvātha	(Rt.)	Q. S. for mardana
8.	Śālmalī svarasa	(Rt.)	Q. S. for mardana
9.	Nāgavallī rasa	(Lf.)	Q. S. for mardana

Dose

125 mg

Anupāna

Ghṛta, Madhu, Dugdha with Śarkarā.

Important Therapeutic Uses

Used as Vājīkara and Rasāyana (Aphrodisiac and Nutrient to body and mind with adapto-immuno-neuro-endocrino-modulator properties)

16 : 34 PŪRṆACANDRA RASA

(Bhaiṣajyaratnāvalī, Vājīkaraṇādhikāra: 286)

सूताभ्रलौहं सशिलाजतु स्याद् विडङ्गताप्यं मधुना घृतेन।
सम्मर्द्य सर्वं खलु पूर्णचन्द्रो द्विगुञ्जयुक्तो भवतीह वृष्यः।।२३६।।

1.	Sūta (Rasa sindūra)		1 Part
2.	Abhra (Abhraka svarasa)		1 Part
3.	Lauha (bhasma)		1 Part
4.	Śilājatu śuddha		1 Part
5.	Viḍaṅga	(Fr.)	1 Part
6.	Tāpya (Mākṣika bhasma)		1 Part

Dose

250 mg

Anupāna

Madhu, Ghṛta

Important Therapeutic Uses

Vājīkaraṇa (Aphrodisiac)

16 : 35 PRATĀPALAṄKEŚVARA RASA

(Yogaratnākara, Strīrogacikitsā: 868)

एकेन्दुचन्द्रानलवार्धिदन्तीकलैकभागं क्रमशो विमिश्रम्।
सूताभ्रगन्धोषणलोहशङ्खवन्योत्पलाभस्मविषं च पिष्टम्।।

प्रसूतिवातेऽनिलदन्तबन्धे सार्द्राम्भसा वल्लममुष्य लिह्यात्।
वातामये श्लेष्मगदेऽर्शसि स्यात्पुरामृतार्द्रात्रिफलायुतोऽयम्।।

सशृङ्गबेरद्रव एष हन्ति ससन्निपातं ज्वरमुग्ररूपम्।
निजानुपानैर्निजपथ्ययुक्तः सर्वातिसारान् ग्रहणीविकारान्।
प्रतापलङ्केश्वरनामधेयः सूतः प्रयुक्तो गिरिराजपुत्र्या।।

1.	Sūta (Śuddha Pārada)		1 Part
2.	Abhra (Abhraka bhasma)		1 Part
3.	Gandha (Śuddha Gandhaka)		1 Part
4.	Ūṣaṇa (Marica)	(Fr.)	3 Parts
5.	Loha (Lauha bhasma)		4 Parts
6.	Śaṅkha (bhasma)		8 Parts
7.	Vanyotpala bhasma		16 Parts
8.	Viṣa (Śuddha Vatsanābha)	(Rt.)	1 Part

Dose

125 mg to 375 mg

Anupāna

Ārdraka Svarasa, Guggulu, Triphalā, Guḍūcī

For Arśa:- Guḍūcī Svarasa, Triphalā Kvātha or Cūrṇa and Guggulu

For Atisāra, Grahaṇī, Jvara, Prasūtivāta:- Ārdraka Svarasa.

Important Therapeutic Uses

Prasūtavāta (Puerperal disorder), Dantabandha (Lock jaw), Arśa (Haemorrhoids), Sannipāta Jvara (High grade fever due to vitiation of all Doṣa), Atīsāra (Diarrhoea), Grahaṇī (Malabsorption syndrome)

16 : 36 PRADARĀNTAKA RASA

(Bhaiṣajyaratnāvalī, Strīrogādhikāra: 83-84)

शुद्धसूतं तथा गन्धं शुद्धवङ्गकरूप्यकम्।
खर्परञ्च वराटञ्च शाणमानं पृथक् पृथक्।।८३।।

तोलकत्रितयं चैव लौहचूर्णं क्षिपेत्सुधीः।
कन्यानीरेण सम्मर्द्य दिनमेकं भिषग्वरः।
असाध्यं प्रदरं हन्ति भक्षणान्नात्र संशयः।।८४।।

1.	Sūta (Śuddha Pārada)	6 g
2.	Gandha (Śuddha Gandhaka)	6 g
3.	Śuddha Vaṅga (bhasma)	6 g
4.	Rūpyaka (Rajata bhasma)	6 g
5.	Kharpara (bhasma)	6 g
6.	Varāṭa (Kapardikā bhasma)	6 g
7.	Lauha cūrṇa (bhasma)	36 g
8.	Kanyānīra (Kumārī)	Q. S. for mardana one day

Dose

125 mg

Important Therapeutic Uses

Pradara (Excessive vaginal discharge)

Note : In case of genuine kharpara is not availabe Yaśada may be used.

16 : 37 PRAVĀLA PAÑCAMṚTA RASA

(Bhaiṣajyaratnāvalī, Gulmādhikāra: 139-143)

प्रवालमुक्ताफलशङ्खशुक्तिकपर्दिकानां च समांशभागम्।
प्रवालमात्रं द्विगुणं प्रयोज्यं सर्वैः समांशं रविदुग्धमेव।।१३९।।

एकीकृतं तत्खलु भाण्डमध्ये क्षिप्त्वा मुखे बन्धनमत्र योज्यम्।
पटुं विदध्यादतिशीतले च उद्धृत्य तद्भस्म क्षिपेत्करण्डे।।१४०।।

नित्यं द्विवारं प्रति पाकयुक्तं वल्लप्रमाणं हि नरेण सेव्यम्।
आनाहगुल्मोदरप्लीहकासश्वासाग्निमान्द्यान् कफमारुतोत्थान्।।
अजीर्णमुद्गारहृदामयघ्नं ग्रहण्यतीसारविकारनाशनम्।।१४१।।

मेहामयं मूत्ररोगं मृत्रकृच्छ्रं तथाश्मरीम्।
नाशयेन्नात्र सन्देहः सत्यं गुरुवचो यथा।।१४२।।

पथ्याश्रितं भोजनमादरेण समाचरेन्निर्मलचित्तवृत्त्या।
प्रवालपञ्चामृतनामधेयो योगोत्तमः सर्वगदापहारी।।१४३।।

1.	Muktāphala (Muktā bhasma)			1 Part
2.	Śaṅkha bhasma			1 Part
3.	Śukti (Muktāśukti bhasma)			1 Part
4.	Kapardikā (bhasma)			1 Part
5.	Pravāla (bhasma)			3 Parts
6.	Ravi (Arka dugdha)	(L.)	for Mardana	7 Parts

Dose

250 mg

Important Therapeutic Uses

Ānāha (Distension of abdomen due to obstruction to passage of urine and stools), Gulma (Abdominal lump), Udararoga (Ascites), Plīhā Roga (Splenic disease), Kāsa (Cough), Śvāsa (Dyspnoea/Asthma), Agnimāndya (Digestive impairment), Ajīrṇa (Dyspepsia), Grahaṇī (Malabsorption syndrome), Atīsāra (Diarrhoea), Hṛdroga (Heart disease)

16 : 38 BĀLĀRKA RASA

(Siddhayogasaṅgraha, Bālarogādhikāra: 2)

रसकं च प्रवालं च शृङ्गभस्म च हिङ्गुलम्।
गोरोचना च कर्चूरं केशरं च समांशकम्।।

ब्राह्मीरसेन संमर्द्य कुर्याद् गुञ्जामितां वटीम्।
वातश्लेष्मातिसारघ्नः कृमिकासज्वरापहः।।

1.	Rasaka (Yaśada bhasma)		1 Part
2.	Pravāla (bhasma)		1 Part
3.	Śṛṅga (bhasma)		1 Part
4.	Hiṅgula śuddha		1 Part
5.	Gorocana		1 Part
6.	Karcūra	(Rz.)	1 Part
7.	Keśara (Kumkuma)	(Stg)	1 Part
8.	Brāhmī rasa	(Pl.)	Q. S. for mardana

Dose

125 mg

Important Therapeutic Uses

Vātaśleṣmātīsāra (Diarrhoea due to Vāta and Kapha doṣa), Kṛmi (Helminthiasis/Worm infestation), Kāsa (Cough), Jvara (Fever)

16 : 39 BṚHADAGNIKUMĀRA RASA

(Bhaiṣajyaratnāvalī, Agnimāndyādirogādhikāra: 210-214)

शुद्धसूतं द्विधा गन्धं गन्धतुल्यञ्च टङ्कणम्।
फलत्रयं यवक्षारं व्योषं पञ्चपटूनि च।।२१०।।

द्वादशैतानि सर्वाणि रसतुल्यानि योजयेत्।
सम्मर्द्य सप्तधा सर्वं भावयेदार्द्रकद्रवैः।।२११।।

संशोष्य चूर्णयित्वा तु भक्षयेदार्द्रकाम्बुना।
गुञ्जाष्टकं वयो वीक्ष्य नानाजीर्णप्रशान्तये।।२१२।।

रसश्चाग्निकुमारोऽयं महेशेन प्रकाशितः।
महाग्निकारकः सदृक् कालभास्करतेजसाम्।।२१३।।

अग्निमान्द्यभवान् रोगान् शोथं पाण्ड्वामयं जयेत्।
दुर्नामग्रहणीसामरोगान् हन्ति न संशयः।
यथेष्टाहारचेष्टस्य नास्त्यत्र नियमः क्वचित्।।२१४।।

1.	Śuddha Sūta (Śuddha Pārada)		1 Part
2.	Gandha (Śuddha Gandhaka)		2 Parts
3.	Ṭaṅkaṇa (Śuddha)		2 Parts
4.	Harītakī	(P.)	1 Part
5.	Bibhītaka	(P.)	1 Part
6.	Āmalakī	(P.)	1 Part
7.	Yavakṣāra		1 Part

8.	Śuṇṭhī	(Rz.)	1 Part
9.	Marica	(Fr.)	1 Part
10.	Pippalī	(Fr.)	1 Part
11.	Saindhava Lavaṇa		1 Part
12.	Viḍa Lavaṇa		1 Part
13.	Sāmudra Lavaṇa		1 Part
14.	Sauvarcala Lavaṇa		1 Part
15.	Romaka Lavaṇa		1 Part
16.	Ārdraka svarasa	(Rz.)	Q. S. for bhāvanā 7 times

Dose

1 g

Anupāna

Ārdraka Svarasa

Important Therapeutic Uses

Agnimāndya (Digestive impairment), Ajīrṇa (Dyspepsia), Pāṇḍu (Anaemia), Arśa (Haemorrhoids), Grahaṇī (Malabsorption syndrome)

16 : 40 BṚHAT CANDRODAYA MAKARADHVAJA (PŪRṆA CANDRODAYA RASA)

(Bhaiṣajyaratnāvalī, Vājīkaraṇādhikāra: 231-236)

पलं मृदु स्वर्णदलं रसेन्द्रात् पलाष्टकं षोडश गन्धकस्य।
शोणैः सुकार्पासभवैः प्रसूनैः सर्वं विमर्द्याथ कुमारिकाद्भिः।।२३१।।

तत्काचकुम्भे निहितं सुगाढे मृत्कर्पटीभिर्दिवसत्रयञ्च।
पचेत् क्रमाग्नौ सिकताख्ययन्त्रे ततो रजः पल्लवरागरम्यम्।।२३२।।

सङ्गृह्य चैतस्य फलञ्च सम्यक् पलञ्च कर्पूररजस्तथैव।

जातीफलं सोषणमिन्द्रपुष्पं मृगाण्डजं चापि हि शाणमेकम्।।२३३।।

चन्द्रोदयोऽयं कथितोऽस्य वल्लो भुक्तोऽहिवल्लीदलमध्यवर्ती।
मदोन्मदानां प्रमदाशतानां गर्वाधिकत्वं श्लथयत्यकाण्डे।।२३४।।

घृतं घनीभूतमतीव दुग्धं मृदूनि मांसानि समण्डकानि।
माषान्नपिष्टानि भवन्ति पथ्यान्यानन्ददायीन्यपराणि चात्र।।२३५।।

वलीपलितनाशनस्तनुभृतां वयःस्तम्भनः
समस्तगदखण्डनः प्रचररोगपञ्चाननः।

गृहेऽपि गृहभूपतिर्भवति यस्य चन्द्रोदयः
स पञ्चशरदर्पितो मृगदृशां भवेद्वल्लभः।।२३६।।

1.	Svarṇadala (Sūkṣma Svarṇa patra)		48 g
2.	Rasendra (Śuddha Pārada)		348 g
3.	Gandhaka (Śuddha)		768 g
4.	Śoṇa Sukārpāsaprasūna (Rakta karpāsa Puṣpa svarasa)	(Fl.)	Q. S. for mardana
5.	Kumārikā (Kumārī)	(Lf.)	Q. S. for mardana
6.	Karpūra raja		48 g
7.	Jātīphala	(Sd.)	4 g
8.	Ūṣaṇa (Marica)	(Fr.)	4 g
9.	Indrapuṣpa (Lavaṅga)	(Fr.)	4 g
10.	Mṛgāṇḍaja (Mṛgamada)		4 g

Special Method of Preparation

Item No. 1 and 2 are to be amalgamated. The resultant amalgam is to be treated with item No. 3 and made into Kajjalī, which is to be subjected to trituration with the Kārpāsa Puṣpa Svarasa for one day, followed by trituration with Kumārī Svarasa for another day. Then it is subjected to Kūpīpakva Rasāyana process for 3 days by giving Manda, Madhya

and Tīvrāgni in a Vālukāyantra. The sublimated material at the neck of the Kūpī is to be triturated with the separated residue at the bottom of the bottle. The powders of item No. 6 to 10 are then added and triturated with Tāmbūlapatra Svarasa and made into Vaṭī.

Dose

125 mg to 250 mg

Anupāna

Tāmbūlapatra

Important Therapeutic Uses

Used as Vājīkara and Rasāyana (Aphrodisiac and Nutrient to body and mind with adapto-immuno-neuro-endocrino-modulator properties)

16 : 41 BṚHAT PŪRṆACANDRA RASA

(Bhaiṣajyaratnāvalī, Rasāyanādhikāra: 126-140)

द्विकर्षं शुद्धसूतस्य गन्धकञ्च द्विकार्षिकम्।
लौहभस्म पलञ्चाभ्रं जारितञ्च पलांशिकम्।।१२६।।

द्वितोलं रजतञ्चैव वङ्गभस्म द्विकार्षिकम्।
सुवर्णं तोलकञ्चैव ताम्रं कांस्यञ्च तत्समम्।।१२७।।

जातीफलञ्चेन्द्रपुष्पमेला भृङ्गञ्च जीरकम्।
कर्पूरं वनिता मुस्तं कर्षं कर्षं पृथक् पृथक्।।१२८।।

सर्वं खल्लतले क्षिप्त्वा कन्यारसविमर्दितम्।
भावयित्वा वरातोयैः केबुकानां रसेन च।।१२९।।

एरण्डपत्रैरावेष्ट्य धान्ये रात्रिदिनोषितम्।
उद्धृत्य मर्दयित्वा तु वटिकां वल्लसम्मिताम्।।१३०।।

खादेच्च पर्णखण्डेन संयुक्तां व्याधिनाशिनीम्।
सर्वव्याधिविनाशाय काशीनाथेन भाषितः।।१३१।।

पूर्णचन्द्ररसो नाम सर्वरोगेषु योजयेत्।

बल्यो रसायनो वृष्यो वाजीकरण उत्तमः।।१३२।।

अयमष्ठीलिकां हन्ति कासश्वासमरोचकम्।
आमशूलं कटीशूलं हृच्छूलं पित्तशूलकम्।।१३३।।

अग्निमान्द्यमजीर्णञ्च ग्रहणीं चिरजामपि।
आमवातमम्लपित्तं भगन्दरमपि द्रुतम्।।१३४।।

कामलां पाण्डुरोगञ्च प्रमेहं वातशोणितम्।
नातः परतरं श्रेष्ठो विद्यते वाजिकर्मणि।।१३५।।

रसस्यास्य प्रसादेन नरो भवति निर्गदः।
मेधाञ्च लभते वाग्मी तुष्टिपुष्टिसमन्वितः।।१३६।।
मदनस्य समां कान्तिं मदनस्य समं बलम्।
मीयते मदनेनेव मदनस्य समं वपुः।।१३७।।

प्रियाञ्च मदनप्रायां पश्यन्ति मदनाकुलाम्।
स्त्रीणां तथानपत्यानां दुर्बलानाञ्च देहिनाम्।। १३८।।

क्षीणानामल्पशुक्राणां वृद्धानां वातरेतसाम्।
ओजस्तेजस्करश्चायं स्त्रीषु कामविवर्द्धनः।।१३९।।

अभ्यासेन निहन्ति मृत्युपलितं सर्वामयध्वंसकः।
वृद्धानां मदनोदयोदयकरः प्रौढाङ्गनासङ्गमे।

नित्यानन्दकरः सुखातिसुखदो भूपैः सदा सेव्यते।
दृष्टः सिद्धफलो रसायनवरः श्रीपूर्णचन्द्रो रसः।।१४०।।

1.	Śuddha Sūta (Pārada)	
2.	Gandhaka śuddha	
3.	Lauha (bhasma)	
4.	Abhra (Abhraka bhasma)	
5.	Rajata (bhasma)	
6.	Vaṅga (bhasma)	24 g
7.	Svarṇa (Svarṇa bhasma)	12 g
8.	Tāmra (bhasma)	12 g

9.	Kāṃsya (bhasma)		12 g
10.	Jātīphala	(Sd.)	12 g
11.	Candrapuṣpa (Lavaṅga)	(Fl.)	12 g
12.	Elā (Sūkṣmailā)	(Sd.)	12 g
13.	Bhṛṅga (bhṛṅgarāja)	(Pl.)	12 g
14.	Jīraka (Śveta Jīraka)	(Fr.)	12 g
15.	Karpūra		12 g
16.	Vanitā (Priyaṅgu)	(Fr.)	12 g
17.	Musta (Mustā)	(Rz.)	12 g
18.	Kanyā rasa (Kumārī)	(Lf.)	Q. S. for mardana
19.	Varā toya (Triphalā)		Q. S. for bhāvanā
20.	Kebuka rasa	(Rz.)	Q. S. for bhāvanā

Special Method of Preparation

Ingredients 1 & 2 are to be triturrated to form a kajjalī, which is to be further triturated with item No. 3 to 9 to which item No. 10 to 17 in powder form are to be added and the resultant material to be triturated with the juice of Item No. 18 and further subjected to the process of Bhāvanā, with item No. 19 & 20. The resulting material to be wrapped in Eraṇḍa Patra and covered under a heap of paddy for a day and then triturated to a mass suitable for making pills.

Dose

250 mg

Anupāna

Tāmbūla Patra

Important Therapeutic Uses

Kaṭi Śūla (Lower backache), Daurbalya (Weakness), Aṣṭhīlā (Prostatic Hyperplasia), Kāsa (Cough), Śvāsa (Dyspnoea/Asthma), Āmaja Śūla (Intestinal colic due to indigestion), Hṛcchūla (Angina pectoris), Prameha (Urinary disorders), Bhagandara (Fistula-in-ano), Pāṇḍu (Anaemia), Kṣīṇa Śukra (Oligospermia)

16 : 42 BṚHAT VAṄGEŚVARA RASA

(Rasendrasārasaṅgraha, Pramehacikitsā: 27-34)

वंगभस्म रसं गन्धं रौप्यं कर्पूरमभ्रकम्।
कर्षं कर्षं मानमेषां सूतांघ्रि हेममौक्तिकम्।।२७।।

केशराजरसैर्भाव्यं द्विगुञ्जाफलमानतः।
प्रमेहान् विंशतिञ्चैव साध्यासाध्यमथापि वा।।२८।।

मूत्रकृच्छ्रं तथा पाण्डुं धातुस्थञ्च ज्वरं जयेत्।
हलीमकं रक्तपित्तं वातपित्तकफोद्भवम्।।२९।।

ग्रहणीमामदोषं च मन्दाग्नित्वमरोचकम्।
एतान् सर्वान् निहन्त्याशु वृक्षमिन्द्राशनिर्यथा।।३०।।
बृहद्वङ्गेश्वरो नाम सोमरोगं निहन्त्यलम्।
बहुमूत्रं बहुविधं मूत्रमेहं सुदारुणम्।।३१।।

मूत्रातीसारं कृच्छ्रञ्च क्षीणानां पुष्टिवर्धनः।
ओजस्तेजस्करो नित्यं स्त्रीषु सम्यग् वृषायते।।३२।।

बलवर्णकरो रुच्यः शुक्रसञ्जननः परः।
छागं वा यदि वा गव्यं पयो वा दधि निर्मलम्।।

अनुपानं प्रयुञ्जीत बुध्वा दोषगतिर्भिषक्।
दद्याच्च बाले प्रौढे च सेवनार्थं रसायनम्।।३४।।

1.	Vaṅga bhasma	12 g
2.	Rasa (Śuddha Pārada)	12 g
3.	Gandha (Śuddha Gandhaka)	12 g
4.	Raupya (Rajata bhasma)	12 g
5.	Karpūra	12 g
6.	Abhraka (bhasma)	12 g
7.	Hema (Svarṇa bhasma)	3 g

8. Mauktika (Muktā bhasma) 3 g
9. Keśarāja rasa (Bhṛṅgarāja) (Pl.) Q. S. for bhāvanā 7 times

Dose

125 mg to 259 mg

Anupāna

Chāgadugdha or Gavya Dugdha or Dadhi

Important Therapeutic Uses

Prameha (Urinary disorders), Mūtrakṛcchra (Dysuria), Mūtrātisāra (Polyurea), Somaroga (Polyuria in females), Pāṇḍu (Anaemia), Dhātustha Jvara (Fever due to doṣa residing in particular Dhātu), Halīmaka (Chronic obstructive Jaundice/Chlorosis/Advanced stage of Jaundice), Raktapitta (Bleeding disorder), Grahaṇī (Malabsorption syndrome), Āmadoṣa (Products of impaired digestion and metabolism / consequences of Āma), Agnimāndya (Digestive impairment), Aruci (Tastelessness)

16 : 43 BṚHAT VIDYĀDHARĀBHRA RASA

(Bhaiṣajyaratnāvalī, Śūlarogādhikāra: 255-260)

शुद्धसूतं तथा गन्धं फलत्रयकटुत्रयम्।
विडङ्गमुस्तकञ्चैव त्रिवृता दन्तिचित्रकम्।।२५५।।
आखुपर्णी ग्रन्थिकञ्च प्रत्येकं कर्षसम्मितम्।
पलं कृष्णाभ्रचूर्णस्य मृतायाश्च चतुर्गुणम्।।२५६।।

घृतेन मधुना पिष्ट्वा वटीं गुञ्जात्रयोन्मिताम्।
एकैकां वटिकां खादेत् प्रातरुत्थाय नित्यशः।।२५७।।

अनुपानं गवां क्षीरं नीरं वा नारिकेलजम्।
सर्वशूलं निहन्त्याशु वातपित्तभवं तथा।।२५८।।

एकजं द्वन्द्वजञ्चैव तथैव सान्निपातिकम्।
परिणामोद्भवं शूलमामवातोद्भवं तथा।।२५९।।

कार्श्यं वैवर्ण्यमालस्यं तन्द्रारुचिविनाशनम्।
साध्यासाध्यं निहन्त्याशु भास्करस्तिमिरं यथा।।२६०।।

1.	Sūta (Śuddha Pārada)		12 g
2.	Gandha (Śuddha Gandhaka)		12 g
3.	Harītakī	(P.)	12 g
4.	Bibhītaka	(P.)	12 g
5.	Āmalakī	(P.)	12 g
6.	Śuṇṭhī	(Rz.)	12 g
7.	Marica	(Fr.)	12 g
8.	Pippalī	(Fr.)	12 g
9.	Viḍaṅga	(Fr.)	12 g
10.	Mustaka (Mustā)	(Rz.)	12 g
11.	Trivṛtā (Trivṛt)	(Rt.)	12 g
12.	Dantī	(Rt.)	12 g
13.	Citraka	(Rt.)	12 g
14.	Ākhuparṇi	(Pl.)	12 g
15.	Granthika (Pippalīmūla)	(Rt.)	12 g
16.	Kṛṣṇābhra Cūrṇa (Abhraka bhasma)		48 g
17.	Mṛtāyasa (Lauha Bhasma)		192 g
18.	Ghṛta (Goghṛta)		Q. S. for mardana
19.	Madhu		Q. S. for mardana

Dose

375 mg

Anupāna

Godugdha, Nārikela Jala.

Important Therapeutic Uses

16 : 44 BṚHACCHṚṄGĀRĀBHRA RASA

(Bhaiṣajyaratnāvalī, Kāsarogādhikāra: 166-172)

पारदं गन्धकं चैव टङ्गणं नागकेशरम्।
कर्पूरं जातिकोषञ्च लवङ्गं तेजपत्रकम्।।१६६।।

सुवर्णं चापि प्रत्येकं कर्षमात्रं प्रकल्पयेत्।
शुद्धकृष्णाभ्रचूर्णन्तु चतुःकर्षं प्रयोजयेत्।।१६७।।

तालीशघनकुष्ठानि मांसी त्वक् धात्रिपुष्पिका।
एलाबीजं त्रिकटुकं त्रिफला करिपिप्पली।।१६८।।
कर्षद्वयन्तु चैतेषां पिप्पलीक्वाथमर्दितम्।
अनुपानं प्रयोक्तव्यं चोचं क्षौद्रसमायुतम्।।१६९।।

अग्निमान्द्यादिकान् रोगानरुचिं पाण्डुकामलाम्।
उदराणि तथा शोथमानाहं ज्वरमेव च।।१७०।।

ग्रहणीं श्वासकासञ्च हन्याद्यक्ष्माणमेव च।
नानारोगप्रशमनं बलवर्णाग्निकारकम्।।१७१।।

बृहच्छृङ्गाराभ्रनाम विष्णुना परिकीर्तितम्।
एतस्याभ्यासमात्रेण निर्व्याधिर्जायते नरः।।१७२।।

1.	Pārada śuddha		12 g
2.	Gandhaka śuddha		12 g
3.	Ṭaṅgaṇa (Śuddha Ṭaṅkaṇa)		12 g
4.	Nāgakeśara	(Adr.)	12 g
5.	Karpūra		12 g
6.	Jātikoṣa (Jātī phala)	(Ar.)	12 g
7.	Lavaṅga	(Fl.)	12 g

8.	Tejapatra	(Lf.)	12 g
9.	Suvarṇa (Svarṇa bhasma)		12 g
10.	Kṛṣṇābhra cūrṇa (Abhraka bhasma)		48 g
11.	Tālīśapatra	(Lf.)	24 g
12.	Ghana (Mustā)	(Rz.)	24 g
13.	Māṃsī (Jaṭāmāṃsī)	(Rt.+Rz)	24 g
14.	Tvak	(St.Bk.)	24 g
15.	Dhātrīpuṣpikā (Dhātakī puṣpa) (Fl.)		24 g
16.	Kuṣṭha	(Rt.)	24 g
17.	Elā (Sūkṣmailā)	(Sd.)	24 g
18.	Śuṇṭhī	(Rz.)	24 g
19.	Marica	(Fr.)	24 g
20.	Pippalī	(Fr.)	24 g
21.	Harītakī	(P.)	24 g
22.	Bibhītaka	(P.)	24 g
23.	Āmalakī	(P.)	24 g
24.	Karipippalī (Gajapippalī)	(Fr.)	24 g
25.	Pippalī kvātha	(Fr.)	Q. S. for mardana

Dose

250 mg to 500 mg

Anupāna

Tvakcūrṇa, Kṣaudra

Important Therapeutic Uses

Kāsa (Cough), Śvāsa (Dyspnoea/Asthma), Agnimāndya (Digestive impairment), Pāṇḍu (Anaemia), Kāmalā (Jaundice), Udararoga (Ascites), Śotha (Inflammation), Jvara (Fever), Grahaṇī (Malabsorption syndrome), Rājayakṣmā (Tuberculosis)

16 : 45 BRĀHMĪ VAṬĪ

(Siddhayogasaṅgraha,Vātarogādhikāra)

1.	Abhraka bhasma		6 g
2.	Saṅgeyaśava bhasma (piṣṭī)		6 g
3.	Akīka bhasma (Piṣṭī)		6 g
4.	Māṇikya bhasma (Piṣṭī)		6 g
5.	Candrodaya		6 g
6.	Pravāla bhasma (Piṣṭī)		6 g
7.	Kaharubā Piṣṭi (Piṣṭī)		6 g
8.	Svarṇa bhasma		6 g
9.	Muktā Bhasma (Piṣṭī)		6 g
10.	Jāyaphala (Jātiphala)	(Sd.)	4 g
11.	Lavaṅga	(Fl.)	4 g
12.	Kūṭha (Kuṣṭha)	(Rt.)	4 g
13.	Jātipatrī	(Ar.)	4 g
14.	Kṛṣṇajīraka	(Fr.)	4 g
15.	Pippalī	(Fr.)	4 g
16.	Tvak	(St.Bk.)	4 g
17.	Anīsūna	(Fr.)	4 g
18.	Asagandha (Aśvagandhā)	(Rt.)	4 g
19.	Akarakarā (Ākarakarabhā)	(Rt.)	4 g
20.	Dhānyaka	(Fr.)	4 g
21.	Vaṃśalocana (Vaṃśa)	(S.C.)	4 g
22.	Elā (Sūkṣmalā)	(Sd.)	4 g
23.	Śaṅkhapuṣpī	(Pl.)	4 g
24.	Śveta Candana	(Ht.Wd.)	4 g
25.	Surpha (Miśreyā)	(Fr.)	4 g
26.	Patra (Tejapatra)	(Lf.)	4 g

27.	Nāgakeśara	(Adr.)	4 g
28.	Rūmīmastagī	(Exd.)	4 g
29.	Pippalīmūla (Pippalī)	(Rt.)	4 g
30.	Citraka	(Rt.)	4 g
31.	Kuliñjana	(Rz.)	4 g
32.	Kastūrī (Mṛgamada)		18 g
33.	Ambara		18 g
34.	Brāhmī	(Pl.)	18 g
35.	Niśotha (Trivṛt)	(Rt.)	18 g
36.	Agara (Aguru)	(Ht.Wd.)	18 g
37.	Kuṅkuma	(Stg)	18 g
38.	Brāhmī svarasa	(Pl.)	Q. S.

Special Method of Preparation

Candrodaya, Kuṅkuma, Kastūrī and Ambara should be finely powdered and then other Bhasmas/Piṣṭis should be added. Afterwards Svarṇapatra, one by one should be mixed well. Thereafter powders of drugs alongwith Brāhmī Svarasa should be added to this mixture and ted. Pills of about 250 mg should be prepared and dried in shade.

Dose

125 to 250 mg

Anupāna

Tagarādikvātha, Māṃsyādi Kvātha, Madhu, Daśamūla Kvātha, Khamīrā Gāvajabāna, Drākṣādi Cūrṇa.

Important Therapeutic Uses

Vātaroga (Disease due to Vāta doṣa), Sannipāta Jvara (High grade fever due to vitiation of all Doṣa), Apatantraka (Hysteria with loss of consciousness), Ākṣepa (Convulsions), Santatajvara (Continuous Fever), Hṛddaurbalya (Weakness of the heart), Bhrama (Vertigo), Manoroga (Psychological Disorder)

16 : 46 MANMATHĀBHRA RASA

(Bhaiṣajyaratnāvalī, Vājikaraṇādhikāra: 219-227)

रसगन्धकयोर्ग्राह्यं पलमेकं सुशोधितम्।
अभ्रं निश्चन्द्रकं दद्यात् पलार्द्धञ्च विचक्षणः।।२१९।।

कर्पूरं तोलकं दद्याद् वङ्गञ्च कोलसम्मितम्।
ताम्रं तोलार्द्धकं तत्र निःशेषं मारितं पुनः।।२२०।।

लौहकर्षं सुजीर्णञ्च वृद्धदारकजीरकम्।
विदारीं शतमूलीञ्च क्षुरबीजं बलां तथा।।२२१।।

मर्कट्यतिविषां चैव जातीकोषफले तथा।
लवङ्गं विजयाबीजं श्वेतसर्जं यमानिकाम्।।२२२।।

शाणभागान् गृहीत्वैतान् एकीकृत्वैव पेषयेत्।
गुञ्जाद्वयन्तु कर्त्तव्यं कोष्णं क्षीरं पिबेदनु।।२२३।।

गृहे यस्य शतं नार्यो विद्यन्तेऽतिव्यवायिनः।
न तस्य लिङ्गशैथिल्यमौषधस्यास्य सेवनात्।।२२४।।

न च शुक्रं क्षयं याति न बलं ह्रासतां व्रजेत्।
कामरूपो भवेन्नित्यं वृद्धः षोडशवर्षवत्।।२२५।।

रसायनवरो बल्यो वाजीकरण उत्तमः।
रसः श्रीमन्मथाभ्रोऽयं महेशेन प्रकाशितः।।२२६।।

अस्य भक्षणमात्रेण काष्ठं जीर्यति तत्क्षणात्।
नाशयेद् ध्वजभङ्गादीन् रोगान् योगकृतानपि।।२२७।।

1.	Rasa (Śuddha Pārada)	48 g
2.	Gandhaka śuddha	48 g
3.	Abhra (Abhraka bhasma)	24 g
4.	Tāmra (bhasma)	6 g

5.	Lauha (bhasma)		12 g
6.	Vṛddhadāraka (Vṛddhadāruka)	(Rt.)	6 g
7.	Jīraka (Śveta Jīraka)	(Fr.)	6 g
8.	Vidārī	(Rt.Tr.)	6 g
9.	Śatamūlī (Śatāvarī)	(Rt.)	6 g
10.	Kṣurabīja (Gokṣura)	(Fr.)	6 g
11.	Balā	(Rt.)	6 g
12.	Markaṭa (Ātmaguptā)	(Sd.)	6 g
13.	Ativiṣā	(Rt.)	6 g
14.	Jātīkoṣa	(Ar.)	6 g
15.	Jātīphala	(Sd.)	6 g
16.	Lavaṅga	(Sl.)	6 g
17.	Vijayā bīja (Vijayā)	(Sd.)	6 g
18.	Svetasarja (Sarja)		6 g
19.	Yamānikā (Yavānī)	(Fr.)	6 g
20.	Jala		Q. S. for mardana

Dose

250 mg

Anupāna

Uṣṇa Kṣīra

Important Therapeutic Uses

Rasāyanārthi (Person seeking Rasāyana effect), Vājīkaraṇārtha (For aphrodisiac property), Dhvajabhaṅga (Failure of penile erection)

16 : 47 MAHĀJVARĀṄKUŚA RASA

(Basavarājīyam, Jvaraprakaraṇa)

पारदं गन्धकं ताम्रं हिङ्गुलं तालमेव च।
लौहं वङ्गं माक्षिकं च खर्परं च मनःशिला।।

मृताभ्रकं गैरिकं च टङ्कणं दन्तिबीजकम्।
सर्वाण्येतानि तुल्यानि चूर्णयित्वा विभावयेत्।।

जम्बीरतुलसीचित्रविजयातिन्तिडीरसैः।
एभिर्दिनत्रयं रौद्रे निर्जने खल्वगह्वरे।।

चणमात्रां वटीं कृत्वा छायाशुष्कां च कारयेत्।
महाग्निजननी चैषा सर्वज्वरविनाशिनी।।

एकजं द्वन्द्वजं चैव चिरकालसमुद्भवम्।
ऐकाहिकं द्व्याहिकं च तथा त्रिदिवसज्वरम्।।

चातुर्थिकं तथात्युग्रं जलदोषसमुद्भवम्।
सर्वान् ज्वरान् निहन्त्याशु भास्करस्तिमिरं यथा।।

नातः परं किञ्चिदस्ति ज्वरनाशनभेषजम्।
महाज्वराङ्कुशो नाम रसोऽयं मुनिभाषितः।।

1.	Pārada śuddha	1 Part
2.	Gandhaka śuddha	1 Part
3.	Tāmra (bhasma)	1 Part
4.	Hiṅgula śuddha	1 Part
5.	Haratāla (śuddha Haritāla)	1 Part
6.	Lauha bhasma	1 Part
7.	Vaṅga bhasma	1 Part
8.	Mākṣika bhasma	1 Part
9.	Kharpara bhasma	1 Part
10.	Manaḥśilā śuddha	1 Part
11.	Abhraka (bhasma)	1 Part
12.	Gairika śuddha	1 Part
13.	Ṭaṅkaṇa śuddha	1 Part

14.	Jayapāla śuddha	(Sd.)	1 Part
15.	Nimbū svarasa	(Fr.)	Q. S. for bhāvanā 3 days
16.	Tulasī svarasa	(Lf.)	Q. S. for bhāvanā 3 days
17.	Citraka svarasa	(Rt.)	Q. S. for bhāvanā 3 days
18.	Vijayā svarasa	(Lf.)	Q. S. for bhāvanā 3 days
19.	Ciñcā patra rasa	(Lf.)	Q. S. for bhāvanā 3 days

Dose

125 mg

Important Therapeutic Uses

Jvara (Fever)

16 : 48 MAHĀTARUṆĀRKA RASA

(Basavarājīyam, Jvaraprakaraṇa)

अभ्रकं गन्धकं ताम्रं टङ्कणं नागवङ्गकम्।
माक्षिकं लोहभस्मं च मौक्तिकं फणेर्विषम्।।

जाम्बूनदोन्मत्तबीजं प्रवालं रक्तचन्दनम्।
तवक्षीरी च कस्तूरी रोहिणी च मनःशिला।।

एतत् सर्वं समांशानि सर्वतुल्यं तु नाभकम्।
सर्वे तदर्धमर्धं स्यात्तत्स्वरूपस्य हिङ्गुलम्।।

सर्वं खल्वे विनिक्षिप्य मातुलुङ्गरसेन च।

मर्दयेत् त्रिदिनं खल्वे नवनीतसमं मृदु।
मूलकस्य च बीजानि मात्राद्वन्द्वं प्रयोजयेत्।।

उद्धतान् विनिहन्त्याशु सन्निपातांस्त्रयोदश।
पुंसां तु जनितान् दोषान् स्त्रीणां दोषांश्च नाशयेत्।।

सर्वरोगा विनश्यंति ह्यनुपानविशेषतः।
महातरुणार्कनामायं बालदोषप्रशान्तिकृत्।।

1.	Abhraka bhasma		1 Part
2.	Gandhaka śuddha		1 Part
3.	Tāmra bhasma		1 Part
4.	Ṭaṅkaṇa śuddha		1 Part
5.	Nāgabhasma		1 Part
6.	Vaṅga (bhasma)		1 Part
7.	Svarṇamākṣika bhasma		1 Part
8.	Lauha bhasma		1 Part
9.	Mauktika (Muktā) bhasma		1 Part
10.	Sarpagarala śuddha		1 Part
11.	Svarṇa bhasma		1 Part
12.	Dhattūra bīja śuddha	(Sd.)	1 Part
13.	Pravāla bhasma		1 Part
14.	Rakta Candana	(Ht.Wd.)	1 Part
15.	Vaṃśalocana (Vaṃśa)	(S.C.)	1 Part
16.	Kastūrī (Mṛgamada)		1 Part
17.	Kuṭakī (Kaṭukā)	(Rz.)	1 Part
18.	Manaḥśilā śuddha		1 Part
19.	Vatsanābha śuddha	(Rt.)	4.5 Parts
20.	Hiṅgula śuddha		4.5 Parts
21.	Bījapūraka (Bījapūra) rasa	(Fr.)	Q. S. for bhāvanā 3 days

Dose

250 mg

Important Therapeutic Uses

Sannipāta Jvara (High grade fever due to vitiation of all Doṣa)

Special Precaution

1. This should not be given to the patients suffering from ulcer in the digestive tract.
2. Persons with wounds in the hands should not be allowed to make these pills or thouch the medicine during preparation.

16 : 49 MAHĀ VĀTA VIDHVAṂSANA RASA

(Rasatantrasāra Va Siddhaprayogasaṅgraha, Kharalīya-Rasāyana: 37)

1.	Pārada śuddha		12 g
2.	Gandhaka śuddha		12 g
3.	Nāgabhasma (śataputī)		12 g
4.	Vaṅga bhasma		12 g
5.	Lauha bhasma		12 g
6.	Tāmra (bhasma)		12 g
7.	Abhraka (bhasma)		12 g
8.	Pippalī	(Fr.)	12 g
9.	Saubhāgya (Śuddha Ṭaṅkaṇa)		12 g
10.	Marica	(Fr.)	12 g
11.	Śuṇṭhī	(Rz.)	12 g
12.	Vatsanābha (śuddha)	(Rt.)	48 g
13.	Trikaṭu kvātha		Q. S. for bhāvanā 3 times
14.	Triphalā kvātha	(P.)	Q. S. for bhāvanā 3 times
15.	Citraka mūla kvātha	(Pl.)	Q. S. for bhāvanā 3 times
16.	Bhṛṅgarāja svarasa	(Rt.)	Q. S. for bhāvanā 3 times
17.	Kuṣṭha kvātha	(Rt.)	Q. S. for bhāvanā 3 times
18.	Nirguṇḍī Patra svarasa	(Lf.)	Q. S. for bhāvanā 3 times
19.	Arka dugdha	(L.)	Q. S. for bhāvanā 3 times

20.	Āmalakī svarasa	(Fr.P.)	Q. S. for bhāvanā 3 times
21.	Ārdraka svarasa	(Rz.)	Q. S. for bhāvanā 3 times
22.	Nimbū svarasa	(Fr.)	Q. S. for bhāvanā 3 times

Dose

125 mg to 250 mg

Anupāna

Ārdraka svarasa, Bhṛṅgarāja svarasa, Madhu, Eraṇḍa Taila, Ghṛta.

Important Therapeutic Uses

Vātavikāra (Disorder due to Vāta doṣa), Śūla (Colicky Pain), Mūḍhatā (Entrapment of Vāta), Apasmāra (Epilepsy), Plīhā Roga (Splenic disease), Arśa (Haemorrhoids)

16 : 50 MĀṆIKYA RASA

(Bhaiṣajyaratnāvalī, Kuṣṭhādhikāra: 300-308)

पलं तालं पलं गन्धं शिलायाश्च पलार्द्धकम्।
चपलः शुद्धसीसञ्च ताम्रमभ्रमयोरजः।।३००।।

एतेषां कोलभागञ्च वटक्षीरेण मर्दयेत्।
ततो दिनत्रयं घर्मे निम्बक्वाथेन भावयेत्।।३०१।।

गुडूचीबालहिन्तालवानरीनीलझिण्टिकाः।
शोभाञ्जनमुराजाजीनिर्गुण्डीहयमारकम्।।३०२।।

एषां शाणमितं चूर्णमेकीकृत्य सरित्तटे।
मृत्पात्रे कठिने कृत्वा मृदम्बरयुते दृढे।।३०३।।

एकाकी पाकविद्वैद्यो नग्नः शिथिलकुन्तलः।
पचेदवहितो रात्रौ यत्नात्संयतमानसः।।३०४।।

तद्विजानीहि भैषज्यं सर्वकुष्ठविनाशनम्।

सर्पिषा मधुना लौहपात्रे तद्दण्डमर्दितम्।।३०५।।

द्विगुञ्जं सर्वकुष्ठानां नाशनं बलवर्द्धनम्।
शीतलं सारसं तोयं दुग्धं वा पाकशीतलम्।।३०६।।

आनीतं तत्क्षणादाजमनुपानं सुखावहम्।
वातरक्तं शीतपित्तं हिक्काञ्च दारुणां जयेत्।।३०७।।

ज्वरान् सर्वान् वातरोगान् पाण्डुं कण्डूञ्च कामलाम्।
श्रीमद्गहननाथेन निर्मितो बहुयत्नतः।।३०८।।

1.	Tāla (Śuddha Haritāla)		48 g
2.	Gandha (Śuddha Gandhaka)		48 g
3.	Śilā (Śuddha Manaḥśilā)		24 g
4.	Capala (Śuddha Pārada)		12 g
5.	Sīsaka (Nāga bhasma)		12 g
6.	Tāmra (bhasma)		12 g
7.	Abhra (Abhraka bhasma)		12 g
8.	Ayoraja (Lauha bhasma)		12 g
9.	Vaṭakṣīra (Nyagrodha)	(L.)	Q. S. for mardana
10.	Nimba kvātha	(Lf.)	Q. S. for bhāvanā 3 days
11.	Guḍūcī	(St.)	6 g
12.	Bāla (Hrīvera)	(Rt.)	6 g
13.	Hintāla (Tāla Bheda)	(Fl.)	6 g
14.	Vānarī (Ātmaguptā)	(Sd.)	6 g
15.	Nīla jhiṇṭīkā	(Rt.)	6 g
16.	Śobhāñjana (Śigru)	(Rt.Bk.)	6 g
17.	Murā	(Rt.)	6 g
18.	Ajājī (Śveta Jīraka)	(Fr.)	6 g
19.	Nirguṇḍī	(Lf.)	6 g
20.	Hayamāraka (Karavīra)	(Rt.)	6 g

Dose

125 mg to 250 mg

Anupāna

Śītala Toya, Dugdha

Important Therapeutic Uses

Kuṣṭha (Diseases of skin), Vātarakta (Gout), Śītapitta (Urticaria), Hikkā (Hiccup), Vātaroga (Disease due to Vāta doṣa), Pāṇḍu (Anaemia), Kaṇḍū (Itching)

16 : 51 MEHAMUDGARA RASA

(Bhaiṣajyaratnāvalī, Pramehādhikāra: 101-104)

रसाञ्जनं विडं दारुबिल्वगोक्षुरदाडिमम्।
भूनिम्बं पिप्पलीमूलं त्रिकटु त्रिफला त्रिवृत्।।१०१।।

प्रत्येकं तोलकं देयं लौहचूर्णन्तु तत्समम्।
पलैकं गुग्गुलुं दत्त्वा घृतेन वटिकां कुरु।।१०२।।

प्रमेहान् विंशतिं हन्ति साध्यासाध्यानथापि वा।
मूत्रकृच्छ्रं तथा पाण्डुं धातुस्थञ्च ज्वरं जयेत्।।१०३।।

हलीमकं रक्तपित्तं वातपित्तकफोद्भवम्।
ग्रहणीमामदोषञ्च मन्दाग्नित्वमरोचकम्।
एतान् सर्वान्निहन्त्याशु वृक्षमिन्द्राशनिर्यथा।।१०४।।

1.	Rasāñjana (Dāruharidrā)	(Solid extract)	12 g
2.	Viḍa (Viḍa Lavaṇa)		12 g
3.	Dāru (Devadāru)	(Ht.Wd.)	12 g
4.	Bilva	(Fr.P.)	12 g
5.	Gokṣura	(Fr.)	12 g

6.	Dāḍima	(Sd.)	12 g
7.	Bhūnimba (Kirātatikta)	(Pl.)	12 g
8.	Pippalī mūla	(Rt.)	12 g
9.	Śuṇṭhī	(Rz.)	12 g
10.	Marica	(Fr.)	12 g
11.	Pippalī	(Fr.)	12 g
12.	Harītakī	(P.)	12 g
13.	Bibhītaka	(P.)	12 g
14.	Āmalakī	(P.)	12 g
15.	Trivṛt	(Rt.)	12 g
16.	Loha Bhasma		180 g
17.	Guggulu śuddha	(Exd.)	48 g
18.	Ghṛta (Goghṛta)		Q. S. for mardana

Dose

500 mg

Important Therapeutic Uses

Prameha (Urinary disorders), Mūtrakṛcchra (Dysuria), Pāṇḍu (Anaemia), Dhātustha Jvara (Fever due to doṣa residing in particular Dhātu), Halīmaka (Chronic obstructive Jaundice/Chlorosis/Advanced stage of Jaundice), Raktapitta (Bleeding disorder), Grahaṇī (Malabsorption syndrome), Āmadoṣa (Products of impaired digestion and metabolism / consequences of Āma), Agnimāndya (Digestive impairment)

16 : 52 YĀKUTĪ

(Siddhayogasaṅgraha, Hṛdrogādhikāra)

1.	Māṇikya (Piṣṭī)	24 g
2.	Pannā (Piṣṭī)	24 g

3.	Muktā (Piṣṭī)		24 g
4.	Pravāla (Piṣṭī)		24 g
5.	Kaharubā (Tṛṇakāntamaṇi (Piṣṭī)		24 g
6.	Candrodaya		24 g
7.	Svarṇa Varka (Bhasma)		24 g
8.	Ambara		24 g
9.	Kastūrī (Mṛgamada)		24 g
10.	Abarēśama (Katarā)		24 g
11.	Keśara (Kumkuma)	(Stg)	24 g
12.	Behamana Safeda cūrṇa	(Rt.)	12 g
13.	Behamana Lāla cūrṇa	(Rt.)	12 g
14.	Jāyaphala (Jātīphala) cūrṇa	(Sd.)	12 g
15.	Lavaṅga	(Fl.)	12 g
16.	Marica	(Sd.)	12 g
17.	Gulāba arka (Śatapatrikā)	(Fl.)	Q. S. for mardana 12 days

Dose

125 mg

Anupāna

Pudīnā Svarasa

Important Therapeutic Uses

Hṛddaurbalya (Weakness of the heart), Sannipāta Jvara (High grade fever due to vitiation of all Doṣa), Svedādhikya (Excessive Sweating)

16 : 53 LAGHU SŪTAŚEKHARA RASA

(Rasatantrasāra Va Siddhaprayogasaṅgraha, Kharalīya-Rasāyana: 330)

1.	Svarṇagairika (śuddha Gairika)	240 g

2.	Śuṇṭhī Cūrṇa	(Rz.)	120 g
3.	Nāgavallī svarasa	(Lf.)	Q. S. for bhāvanā 3 days

Dose

250 mg to 500 mg

Anupāna

Sitāyukta Dugdha

Important Therapeutic Uses

Pittaja Śiraḥśūla (Headache due to Pitta doṣa), Ardhāvabhedaka (Migraine), S ūryāvarta (Sinusitis), Pittaja Unmāda (Insanity due to Pitta doṣa), Dāha (Burning sensation), Ūrdhvaraktapitta (Bleeding from orifices of the upper part of the body), Mukha Pāka (Stomatitis)

16 : 54 LĪLĀVILĀSA RASA

(Yogartnākara Amlapittacikitsā)

शुद्धसूतं समं गन्धं मृतताम्राभ्ररोचनम्।
तुल्यांशं मर्दयेद्यामं रुद्ध्वा लघुपुटे पचेत्।।

अक्षधात्रीहरीतकीः क्रमवृद्ध्या विपाचयेत्।
जलेनाष्टगुणेनैव ग्राह्यमष्टावशेषकम्।।

अनेन भावयेत्पूर्वं पक्वसूतं पुनः पुनः।
पञ्चविंशतिवारं च तावता भृङ्गजद्रवैः।।

शुष्कं तच्चूर्णितं खादेत्पञ्चगुञ्जं मधुप्लुतम्।
रसो लीलाविलासोऽयमम्लपित्तं नियच्छति।।

1.	Śuddha Sūta (Śuddha Pārada)	1 Part
2.	Gandha (Śuddha Gandhaka)	1 Part

3.	Tāmra (bhasma)		1 Part
4.	Abhra (Abhraka bhasma)		1 Part
5.	Rocana (Vaṃśa)	(S.C.)	1 Part
6.	Akṣa (Bibhītaka)	(P.)	1 Part
7.	Dhātrī (Āmalakī)	(P.)	1 Part
8.	Harītakī	(P.)	2 Part
9.	Water for Decoction		Q. S. for bhāvanā 25 times
10.	Bhṛṅgaja drava (Bhṛṅgarāja svarasa)		Q. S. for bhāvanā 25 times

Special Method of Preparation

The decoction of item no. 6 to 8 should be prepared and 25 Bhāvanā of this decoction should be put in item No. 1 to 5 after that 25 Bhāvanā of item No. 10 also put in the ingredients.

Dose

250 mg to 500 mg

Anupāna

Madhu

Important Therapeutic Uses

Amlapitta (Dyspepsia)

16 : 55 VAJRAKAPĀṬA RASA

(Basavarājīyam, Atisāragrahaṇī Cikitsā Prakaraṇa: 10)

मृतसूताभ्रकं गन्धं यवक्षारं सटङ्कणम्।
अग्निमन्थं वचां कुर्यात् सूततुल्यानिमान्सुधीः।।
ततो जयन्तीजम्बीरभृङ्गद्रावैर्विमर्दयेत्।
त्रिवासरं ततो गोलं कृत्वा संशोष्य धारयेत्।।
लोहपात्रे शरावञ्च दत्वोपरि विमुद्रयेत्।

अधोवह्निं शनैः कुर्याद्यामार्द्धं तत उद्धरेत्।।
रसतुल्यामतिविषां दद्यान्मोचरसं तथा।

कपित्थविजयाद्रावैर्भावयेत् सप्तधा पृथक्।।
धातकीन्द्रयवा मुस्तालोध्रं प्रतिविषामृताः।

एतद् द्रवैर्भावयित्वा दिनैकञ्च विशोषयेत्।।
रसो वज्रकपाटाख्यो माषैकं मधुना लिहेत्।

वह्निं शुण्ठीं विडं बिल्वं लवणं चूर्णयेत्समम्।
पिबेदुष्णाम्बुना चानु वातजां ग्रहणीं जयेत्।।

1.	Rasa Sindūra		1 Part
2.	Abhraka bhasma		1 Part
3.	Gandhaka śuddha		1 Part
4.	Yavakṣāra		1 Part
5.	Ṭaṅkaṇa śuddha		1 Part
6.	Agnimantha	(Rt.)	1 Part
7.	Vacā	(Rz.)	1 Part
8.	Jayantī rasa (Agnimantha)	(Rt.)	Q. S. for bhāvanā 3 days
9.	Jambīra rasa (Nimbū)	(Fr.)	Q. S. for bhāvanā 3 days
10.	Bhṛṅgarāja svarasa	(Pl.)	Q. S. for bhāvanā 3 days
11.	Ativiṣā	(Rt.)	1 Part
12.	Mocarasa (Śālmalī)	(Exd.)	1 Part
13.	Kapittha rasa	(St.Bk.)	Q. S. for bhāvanā 7 times
14.	Vijayā rasa	(Lf.)	Q. S. for bhāvanā 7 times
15.	Dhavapuṣpa rasa	(Fl.)	Q. S. for bhāvanā One day
16.	Indrāyaṇa kvātha	(Sd.)	Q. S. for bhāvanā One day
17.	Mustā kvātha	(Rz.)	Q. S. for bhāvanā One day
18.	Lodhra kvātha	(St.Bk.)	Q. S. for bhāvanā One day
19.	Ativiṣā kvātha	(Rt.)	Q. S. for bhāvanā One day

20.	Guḍūcī Svarasa	(St.)	Q. S. for bhāvanā One day

Dose

125 mg

Anupāna

Citrakamūla, Śuṇṭhī, Bilva Phala, Saindhava Cūrṇa, Uṣṇa Jala, Madhu

Important Therapeutic Uses

Vātaja Grahaṇī (Malabsorption due to Vāta doṣa)

16 : 56 VASANTATILAKA RASA

(Rasendrasārasaṅgraha, Rasāyanavājīkaraṇādhikāra: 78-79)

हेम्नो भस्मकतोलकं घनयुगं लौहात् त्रयः पारदात्।
चत्वारो नियतन्तु वङ्गयुगलं चैकीकृतं मर्दयेत्।।
मुक्ताविद्रुमयो रसेन समता गोक्षुरवासेक्षुणा।
सर्वं वन्यकरीषकेण सुदृढं तत्तत् पचेत् सप्तधा।
कस्तूरीघनसारमर्दितरसः पश्चात् सुसिद्धो भवेत्।।७८।।

कासश्वाससपित्तवातकफजित् पाण्डुक्षयादीन् हरेत्।
शूलादिग्रहणीं विषादिहरणो मेहांस्तथा विंशतिम्।
हृद्रोगादिहरो ज्वरादिशमनो वृष्यो वयोवर्धनः।
श्रेष्ठः पुष्टिकरो वसन्ततिलको मृत्युञ्जयेनोदितः।।७९।।

1.	Hema (Svarṇa bhasma)	12 g
2.	Ghana (Abhraka bhasma)	24 g
3.	Lauha (bhasma)	36 g
4.	Pārada śuddha	48 g
5.	Vaṅga bhasma	24 g
6.	Muktā Bhasma	48 g

7.	Vidruma (Pravāla bhasma)		48 g
8.	Gokṣura kvātha	(Rt.)	Q. S. for mardana
9.	Vāsā Svarasa	(Lf.)	Q. S. for mardana
10.	Ikṣu rasa	(St.)	Q.S. for mardana
11.	Kastūrī (Mṛgamada)		12 g
12.	Ghanasāra (Karpūra)		12 g

Special Method of Preparation

Drugs 1-7 should be added and mixed well. Mardana 7 times with drugs 8-10 is given separately and small tablets prepared. These tablets are heated by fire generated with 8 with cowdung cakes. This proces should be repeated 7 times. After that drugs 11-12 should be mixed with this.

Dose

125 mg to 250 mg

Important Therapeutic Uses

Kāsa (Cough), Śvāsa (Dyspnoea/Asthma), Pāṇḍu (Anaemia), Kṣaya (Pthisis), Śūla (Colicky Pain), Grahaṇī (Malabsorption syndrome), Viṣa (Poison), Prameha (Urinary disorders), Hṛdroga (Heart disease), Jvara (Fever)

16 : 57 VĀTAGAJĀṄKUŚA RASA

(Bhaiṣajyaratnāvalī, Vātavyādhyādhikāra: 488-492)

मृतं सूतं मृतं लौहं ताप्यं गन्धकतालकम्।
पथ्या शृङ्गी विषं व्योषमग्निमन्थञ्च टङ्कणम्।।४८८।।

तुल्यं खल्ले दिनं मर्द्यं मुण्डीनिर्गुण्डिकाद्रवैः।
द्विगुञ्जां वटिकां खादेत् सर्ववातप्रशान्तये।।४८९।।

कणाचूर्णयुतं चैव जिङ्गीक्वाथं पिबेदनु।
साध्यासाध्यं निहन्त्याशु रसो वातगजाङ्कुशः।।४९०।।

सप्ताहाद् गृध्रसीं हन्ति दारुणं सान्निपातिकम्।
क्रोष्टुशीर्षकवातञ्चाप्यवबाहुकसंज्ञकम्।।४९१।।
मन्यास्तम्भमूरुस्तम्भं वातरोगं विनाशयेत्।
पक्षाघातादिरोगेषु कथितः परमोत्तमः।।४९२।।

1.	Mṛta Sūta (Rasa sindura)		1 Part
2.	Loha (Lauha bhasma)		1 Part
3.	Tāpya (Mākṣika bhasma)		1 Part
4.	Gandhaka śuddha		1 Part
5.	Tālaka (Śuddha Haritāla)		1 Part
6.	Pathyā (Harītakī)	(P.)	1 Part
7.	Śṛṅgī (Karkaṭaśṛṅgī)	(Gl.)	1 Part
8.	Viṣa (Vatsanābha)	(Rt.)	1 Part
9.	Marica	(Fr.)	1 Part
10.	Pippalī	(Fr.)	1 Part
11.	Śuṇṭhī	(Rz.)	1 Part
12.	Agnimantha	(Rt.)	1 Part
13.	Ṭaṅkaṇa śuddha		1 Part
14.	Muṇḍīdrava (Mūṇḍītikā)	(Fl.)	Q. S. for mardana One day
15.	Nirguṇḍī drava	(Lf.)	Q. S. for mardana One day

Dose

250 mg

Anupāna

Pippalī, Madhu, Mañjiṣṭhā Kvātha

Important Therapeutic Uses

Gṛdhrasī (Sciatica), Kroṣṭuka Sīrṣa (Synovitis of Knee joint), Avabāhuka (Brachialgia), Manyā Stambha (Neck rigidity/Torticollis), Ūrustambha (Stiffness in thigh muscles), Pakṣāghāta (Paralysis/Hemiplegia)

16 : 58 ŚVĀSAKĀSACINTĀMAṆI RASA

(Bhaiṣajyaratnāvalī, Hikkāśvāsādhikāra: 85-87)

पारदं माक्षिकं स्वर्णं समांशं परिकल्पयेत्।
पारदार्द्धं मौक्तिकं च सूताद् द्विगुणगन्धकम्।।८५।।

अभ्रं चैव तथा योज्यं व्योम्नो द्विगुणलौहकम्।
कण्टकारीरसेनैव छागीदुग्धेन च पृथक्।।८६।।

यष्टीमधुरसेनैव पर्णपत्ररसेन च।
भावयेत् सप्तवारं च द्विगुञ्जां वटिकां भजेत्।।८७।।

पिप्पलीमधुसंयुक्तां श्वासकासविमर्दिनीम्।।

1.	Pārada śuddha		1 Part
2.	Mākṣika (bhasma)		1 Part
3.	Svarṇa bhasma		1 Part
4.	Mauktika (Muktā Bhasma)		1/2 Part
5.	Gandhaka śuddha		2 Parts
6.	Abhraka (bhasma)		2 Parts
7.	Lauha (bhasma)		4 Parts
8.	Kaṇṭakārī rasa	(P1.)	Q. S. for bhāvanā 7 days
9.	Chāgīdugdha (Ajākṣīra)		Q. S. for bhāvanā 7 days
10.	Yaṣṭimadhu (Yaṣṭī) kaṣāya	(Rt.)	Q. S. for bhāvanā 7 days
11.	Parṇa patra (Nāgavallī) rasa	(Lf.)	Q. S. for bhāvanā 7 days

Dose

250 mg

Anupāna

Pippalī Cūrṇa, Madhu

Important Therapeutic Uses

Śvāsa (Dyspnoea/Asthma), Kāsa (Cough)

16 : 59 ŚIRAḤŚŪLĀDI VAJRA RASA

(Bhaiṣajyaratnāvalī, Śirorogādhikāra: 140-144)

पलं रसं पलं गन्धं पलं लौहं पलं रविः।
गुग्गुलोः पलचत्वारि तदर्द्धं त्रिफलारजः।।१४०।।

कुष्ठं मधु कणा शुण्ठी गोक्षुरं कृमिनाशनम्।
दशमूलञ्च प्रत्येकं तोलकं वस्त्रशोधितम्।।१४१।।

क्वाथेन दशमूल्याश्च यथास्वं परिभावयेत्।
घृतयोगात् प्रकर्तव्या वेदगुञ्जामिता वटी।।१४२।।

छागीदुग्धानुपानेन पयसा मधुनाथवा।
शिरःशूलादिवज्रोऽयं चण्डनाथेन भाषितः।।१४३।।

एकजं द्वन्द्वजञ्चैव त्रिदोषजनितं तथा।
वातिकं पैत्तिकं पूर्वं शिरोरोगं विनाशयेत्।।१४४।।

1.	Rasa (Śuddha pārada)		48 g
2.	Gandhaka śuddha		48 g
3.	Lauha (bhasma)		48 g
4.	Ravi (Tāmra bhasma)		48 g
5.	Guggulu śuddha	(Exd.)	192 g
6.	Triphalā raja (Cūrṇa)		96 g
7.	Kuṣṭha	(Rt.)	12 g

8.	Madhu (Yaṣṭī)	(Rt.)	12 g
9.	Kaṇā (Pippalī)	(Fr.)	12 g
10.	Śuṇṭhī	(Rz.)	12 g
11.	Gokṣura	(Fr.)	12 g
12.	Kṛmināśana (Viḍaṅga)	(Fr.)	12 g
13.	Bilva	(Rt.)	12 g
14.	Agnimantha	(Rt.)	12 g
15.	Śyonāka	(Rt.)	12 g
16.	Gambhārī	(Rt.)	12 g
17.	Pāṭalā	(Rt.)	12 g
18.	Śālaparṇī	(Rt.)	12 g
19.	Pṛśniparṇī	(Rt.)	12 g
20.	Bṛhatī	(Rt.)	12 g
21.	Kaṇṭakārī	(Rt.)	12 g
22.	Gokṣura	(Rt.)	12 g
23.	Daśamūla kvātha		Q. S. for bhāvanā
24.	Ghṛta (Goghṛta)		Q. S. for bhāvanā

Dose

250 mg to 500 mg

Anupāna

Chāgī Dugdha, Madhu, Jala

Important Therapeutic Uses

Śiroroga (Disease of head)

16 : 60 ŚṚṄGĀRĀBHRA RASA

(Bhaiṣajyaratnāvalī, Rājayakṣmādhikāra: 212-221)

शुद्धं कृष्णाभ्रचूर्णं द्विपलपरिमितं शाणमानं यदन्यत्।
कर्पूरं जातिकोषं सजलमिभकणा तेजपत्रं लवङ्गम्।।२१२।।

मांसीतालीशचोचं गजकुसुमगदं धातकी चेति तुल्यम्।
पथ्याधात्रीविभीतत्रिकटुरपि पृथक् त्वर्द्धशाणं द्विशाणम्।।२१३।।

एलाजातीफलाख्यं क्षितितलविधिना शुद्धगन्धाश्मकोलम्।
कोलार्द्धं पारदस्य प्रतिपदविहितं पिष्टमेकत्र योज्यम्।।२१४।।

पानीयेनैव कार्याः परिणतमरिचस्विन्नतुल्याश्च वट्यः।
प्रातः खाद्या द्विवट्यस्तदनु च कियच्छृङ्गवेरं सपर्णम्।।२१५।।

पानीयं पीतमन्ते ध्रुवमपहरति क्षिप्रमेतान् विकारान्।
कोष्ठे दुष्टाग्निजाताञ् ज्वरमुदररुजो राजयक्ष्मक्षयञ्च।।२१६।।
कासं श्वासं सशोथं नयनपरिभवं मेहमेदोविकारान्।
छर्दिं शूलाम्लपित्तं तृषमपि महतीं गुल्मजालं विशालम्।।२१७।।
पाण्डुत्वं रक्तपित्तं गरगरलगदान् पीनसं प्लीहरोगम्।
हन्यादामाशयोत्थान् कफपवनकृतान् पित्तरोगानशेषान्।।२१८।।
बल्यो वृष्यश्च भोग्यस्तरुणतरकरः सर्वरोगेषु शस्तः।
पथ्यं मांसैश्च यूषैर्घृतपरिलुलितैः गव्यदुग्धैश्च भूयः।।२१९।।
भोज्यं मिष्टं यथेष्टं ललितललनया दीयमानं मुदा यत्।
शृङ्गाराभ्रेण कामी युवतिजनशताभोगयोगादतुष्टः।।२२०।।
वर्ज्यं शाकाम्लमादौ दिनकतिचिदथ स्वेच्छया भोज्यमन्यत्।
दीर्घायुः काममूर्त्तिर्गतगदपलितो मानवोऽस्य प्रसादात्।।२२१।।

1.	Kṛṣṇābhra cūrṇa (Abhraka bhasma)		96 g
2.	Karpūra		6 g
3.	Jātīkoṣa (Jātīpatrī)	(Ar.)	6 g
4.	Jala (Hrīvera)	(Rt.)	6 g
5.	Ibhakaṇā (Gajapippalī)	(Fr.)	6 g
6.	Tejapatra	(Lf.)	6 g
7.	Lavaṅga	(Fl.)	6 g

8.	Māṃsī (Jaṭāmāṃsī)	(Rt.+Rz.)	6 g
9.	Tālīśa Patra	(Lf.)	6 g
10.	Coca (Tvak)	(St.Bk.)	6 g
11.	Gaja kusuma (Nāgakeśara)	(Adr.)	6 g
12.	Gada (Kuṣṭha)	(Rt.)	6 g
13.	Dhātakī puṣpa	(Fl.)	6 g
14.	Pathyā (Harītakī)	(P.)	3 g
15.	Dhātrī (Āmalakī)	(P.)	3 g
16.	Vibhīta (bibhītaka)	(P.)	3 g
17.	Śuṇṭhī	(Rz.)	3 g
18.	Marica	(Fr.)	3 g
19.	Pippalī	(Fr.)	3 g
20.	Elā	(Sd.)	12 g
21.	Jātīphala	(Sd.)	12 g
22.	Gandhaka śuddha		12 g
23.	Pārada śuddha		6 g
24.	Jala		Q. S. for mardana

Dose

125 mg to 250 mg

Anupāna

Ārdraka Svarasa, Tāmbūla Patra Svarasa

Important Therapeutic Uses

Jvara (Fever), Udaraśūla (Pain in the abdomen), Rājayakṣmā (Tuberculosis), Kāsa (Cough), Śvāsa (Dyspnoea/Asthma), Śoṣa (Cachexia), Meha (Excessive flow of urine), Manovikāra (Mental disorder), Chardi (Emesis), Amlapitta (Dyspepsia), Gulma (Abdominal lump), Pāṇḍu (Anaemia), Raktapitta (Bleeding disorder), Pīnasa (Chronic rhinitis/sinusitis), Plīhā Roga (Splenic disease)

16 : 61 ŚRĪ JAYAMAṄGALA RASA

(Bhaiṣajyaratnāvalī, Jvarādhikāra: 880-888)

हिङ्गुलसम्भवं सूतं गन्धकं टङ्कणं तथा।
ताम्रं वङ्गं माक्षिकञ्च सैन्धवं मरिचं तथा।।८८०।।

समं सर्वं समाहृत्य द्विगुणं स्वर्णभस्मकम्।
तदर्द्धं कान्तलौहञ्च रौप्यभस्मापि तत्समम्।।८८१।।

एतत्सर्वं विचूर्ण्याथ भावयेत्कनकद्रवैः।
शेफालीदलजैश्चापि दशमूलरसेन च।।८८२।।

किराततिक्तकक्वाथैस्त्रिवारं भावयेत्सुधीः।
भावयित्वा ततः कुर्याद् गुञ्जाद्वयमिता वटी।।८८३।।

अनुपानं प्रयोक्तव्यं जीरकं मधुसंयुतम्।
जीर्णज्वरं महाघोरं चिरकालसमुद्भवम्।।८८४।।

ज्वरमष्टविधं हन्ति साध्यासाध्यमथापि वा।
पृथग्दोषांश्च विविधान् समस्तान् विषमज्वरान्।।८८५।।

मेदोगतं मांसगतमस्थिमज्जागतं तथा।
अन्तर्गतं महाघोरं बहिःस्थं च विशेषतः।।८८६।।

नानादोषोद्भवं चैव ज्वरं शुक्रगतं तथा।
निखिलं ज्वरनामानं हन्ति श्रीशिवशासनात्।।८८७।।

जयमङ्गलनामायं रसः श्रीशिवनिर्मितः।
बलपुष्टिकरश्चैव सर्वरोगनिबर्हणः।।८८८।।

1.	Hiṅgulottha Pārada	1 Part
2.	Gandhaka śuddha	1 Part
3.	Ṭaṅkaṇa śuddha	1 Part
4.	Tāmra (bhasma)	1 Part

5.	Vaṅga (bhasma)		1 Part
6.	Mākṣika (bhasma)		1 Part
7.	Saindhava		1 Part
8.	Marica	(Fr.)	1 Part
9.	Svarṇa (bhasma)		2 Parts
10.	Kānta Lauha (Lauha bhasma)		1 Part
11.	Raupya (Rajata bhasma)		1 Part
12.	Kanaka drava (Dhattūra Patra svarasa)	(Lf.)	Q. S. for bhāvanā 3 times
13.	Śephālī dala rasa (Nirguṇḍī)	(Lf.)	Q. S. for bhāvanā 3 times
14.	Daśamūla rasa (kvātha)		Q. S. for bhāvanā 3 times
15.	Kirātatiktaka (Kirātatikta kvātha)		Q. S. for bhāvanā 3 times

Dose

250 mg

Anupāna

Jīraka Cūrṇa, Madhu

Important Therapeutic Uses

Jīrṇajvara (Chronic fever)

16 : 62 ŚRĪ RĀMABĀṆA RASA

(Bhaiṣajyaratnāvalī, Agnimāndyādirogādhikāra: 115-116)

पारदामृतलवङ्गगन्धकं भागयुग्ममरिचेन मिश्रितम्।
जातिकाफलमथार्द्धभागिकं तिन्तिडीफलरसेन मर्दितम्।।११५।।

माषमात्रमनुपानयोगतः सद्य एव जठराग्निदीपनः।

सङ्ग्रहग्रहणिकुम्भकर्णकं सामवातखरदूषणं जयेत्।।
वह्निमान्द्यदशवक्त्रनाशनो रामबाण इति विश्रुतो रसः।।११६।।

1.	Pārada śuddha		1 Part
2.	Amṛta (Śuddha Vatsanābha)	(Rt.)	1 Part
3.	Lavaṅga	(Fl.)	1 Part
4.	Gandhaka śuddha		1 Part
5.	Marica	(Fr.)	2 Parts
6.	Jātikāphala (Jātīphala)	(Sd.)	1/2 Part
7.	Tintiḍī (Tintiḍīka) phalarasa	(Fr.)	Q. S. for mardana

Dose

125 to 250 mg

Important Therapeutic Uses

Grahaṇī (Malabsorption syndrome), Āmavāta (Rheumatism), Agnimāndya (Digestive impairment)

16 : 63 SŪTAŚEKHARA RASA

(Yogaratnākara, Amlapittacikitsā: Page 705)

शुद्धं सूतं मृतं स्वर्णं टङ्कणं वत्सनाभकम्।
व्योषमुन्मत्तबीजं च गन्धकं ताम्रभस्मकम्।।

चतुर्जातं शङ्खभस्म बिल्वमज्जा कचोरकम्।
सर्वं समं क्षिपेत्खल्वे मर्द्यं भृङ्गरसैर्दिनम्।।

गुञ्जामात्रां वटीं कृत्वा द्विगुञ्जे मधुसर्पिषी।
भक्षयेदम्लपित्तघ्नो वान्तिशूलामयापहः।।

पञ्च गुल्मान्पञ्च कासान्ग्रहण्यामयनाशनः।
त्रिदोषोत्थातिसारघ्नः श्वासमन्दाग्निनाशनः।।

उग्रहिक्कामुदावर्तं देहयाप्यगदापहः।
मण्डलान्नात्र सन्देहः सर्वरोगहरः परः।।
राजयक्ष्महरः साक्षाद्रसोऽयं सूतशेखरः।।

1.	Śuddha Sūta (Śudha Pārada)		1 Part
2.	Mṛta Svarṇa (Svarṇa bhasma)		1 Part
3.	Ṭaṅkaṇa śuddha		1 Part
4.	Vatsanābha śuddha	(Rt.)	1 Part
5.	Śuṇṭhī	(Rz.)	1 Part
6.	Marica	(Fr.)	1 Part
7.	Pippalī	(Fr.)	1 Part
8.	Unmatta bīja (Śuddha Dhattūra)	(Sd.)	1 Part
9.	Gandhaka śuddha		1 Part
10.	Tāmra bhasma		1 Part
11.	Tvak	(St.Bk.)	1 Part
12.	Patra (Tejapatra)	(Lf.)	1 Part
13.	Elā (Sūkṣmailā)	(Sd.)	1 Part
14.	Nāgakeśara	(Adr.)	1 Part
15.	Śaṅkhabhasma		1 Part
16.	Bilva majjā (Bilva)	(Fr.P.)	1 Part
17.	Kacoraka (Karcūra)	(Rz.)	1 Part
18.	Bhṛṅgarāja svarasa	(Pl.)	Q. S. for mardana

Dose

250 mg

Anupāna

Madhu, Ghrta.

Important Therapeutic Uses

Amlapitta (Dyspepsia), Śūla (Colicky Pain), Gulma (Abdominal lump), Kāsa (Cough), Grahaṇī (Malabsorption syndrome), Atīsāra (Diarrhoea), Śvāsa (Dyspnoea/Asthma), Agnimāndya (Digestive impairment), Hikkā (Hiccup), Udāvarta (Condition in which threre is upward movement of vayu), Rājayakṣmā (Tuberculosis)

16 : 64 SMṚTISĀGARA RASA

(Yogaratnākara, Apasmāra Cikitasā)

रसगन्धकतालानां सशिलाताम्रभस्मनाम्।
शुद्धानां मूर्च्छितानां च चूर्णं भाव्यं वचाशृतैः।।

एकविंशतिधा पश्चाद् ब्राह्मीवारा तथैव च।
कटभीबीजतैलेन भावयेदेकवारकम्।।

स्मृतिसागरनामाऽयं रसोऽपस्मारनाशनः।
सर्पिषा माषमात्रोऽयं भुक्तो हन्यादपस्मृतिम्।।

1.	Rasa (Śuddha Pārada)		1 Part
2.	Gandhaka śuddha		1 Part
3.	Tāla (Śuddha Haritāla)		1 Part
4.	Śilā (Śuddha Manaḥśilā)		1 Part
5.	Tāmra (bhasma)		1 Part
6.	Vacā kvātha	(Rz.)	Q. S. for bhāvanā 21 times
7.	Brāhmī svarasa	(Pl.)	Q. S. for bhāvanā 21 times
8.	Kaṭabhī bīja taila (Jyotiṣmatī) (Sd.)		Q. S. for bhāvanā 21 times

Dose

125 mg to 250 mg

Anupāna

Sarpi

Important Therapeutic Uses

Apasmāra (Epilepsy), Smṛti (Memory), Daurbalya (Weakness)

16 : 65 SVACCHANDABHAIRAVA RASA

(Bhaiṣajyaratnāvalī, Jvarādhikāra: 863-866)

समभागांश्च सङ्गृह्य पारदामृतगन्धकान्।
जातीफलस्य भागार्द्धं दत्त्वा कुर्याच्च कज्जलीम्।
सर्वार्द्धं पिप्पलीचूर्णं खल्लयित्वा निधापयेत्।।८६३।।

गुञ्जार्द्धप्रमितं चैव नागवल्लीदलैः सह।
आर्द्रकस्य रसेनापि द्रोणपुष्पीरसेन वा।।८६४।।

शीतज्वरे सन्निपाते विसूच्यां विषमज्वरे।
पीनसे च प्रतिश्याये ज्वरेऽजीर्णे तथैव च।।८६५।।

मन्देऽग्नौ वमने चैव शिरोरोगे च दारुणे।
प्रयोज्यो भिषजा सम्यग् रसः स्वच्छन्दभैरवः।।८६६।।

पथ्यं दध्योदनं दद्याद्वीक्ष्य दोषबलाबलम्।।

1.	Pārada śuddha		1 Part
2.	Amṛta (Śuddha Vatsanābha)	(Rt.)	1 Part
3.	Gandhaka śuddha		1 Part
4.	Jātīphala	(Sd.)	1 Part
5.	Pippalī cūrṇa	(Fr.)	1 Part

Dose

62.5 mg

Anupāna

Nāgavallī Dala, Ārdraka Rasa, Droṇapuṣpī Rasa.

Pathya, Apathya

Dadhyodana - Pathya

Important Therapeutic Uses

Jīrṇajvara (Chronic fever), Śīta Jvara (Fever with chills), Sannipāta Jvara (High grade fever due to vitiation of all Doṣa), Viṣamajvara (Intermittent fever), Pīnasa (Chronic rhinitis/sinusitis), Pratiśyāya (Coryza), Agnimāndya (Digestive impairment), Chardi (Emesis), Viṣūcikā (Gastro-enteritis with piercing pain), Śiroroga (Disease of head)

16 : 66 HEMAGARBHA POṬṬALĪ RASA

(Rasāmṛtam, Rasavijñānīyādhyāya; 9: 218-222)

शुद्धसूतं चतुर्भागं द्विभागं गन्धकस्य च।
भागमेकं स्वर्णभस्म त्रिभागं शुल्बभस्म च।।२१८।।

कुमारीरससंयुक्तं सप्ताहं मर्दयेद्दृढम्।
गुटिकां कारयेत्तस्य शङ्ख्वाकारां भिषग्वरः।।२१९।।

वस्त्रे किञ्चिद्बलिं दत्वा गुटीं तत्र निधाय च।
मृत्पात्रे गन्धकं दत्वा दोलायन्त्रेण तां पचेत्।।२२०।।

मन्दाग्निना पचेद्यावद् व्योमवर्णं तु गन्धकम्।
किञ्चिच्छीते ततो वस्त्रमपसार्यं प्रयत्नतः।

पोट्टली हेमगर्भाख्या सन्निपाते प्रयुज्यते।
आर्द्रकस्वरसे घृष्टा पर्णखण्डरसेऽथवा।।२२२।।

1.	Śuddha Sūta (Śuddha Pārada)	4 Parts
2.	Gandhaka śuddha	2 Parts
3.	Svarṇa bhasma	1 Part
4.	Śulva bhasma (Tāmra)	3 Parts

5. Kumārī svarasa (Kumārī) (Lf.) Q. S. for mardana 7 days

Special Method of Preparation

Item No. 1-4 to be triturated with the svarasa of Kumārī for seven days, and a conical Poṭṭalī should be prepared and it should be given a blunt conical shape. On drying it should be securly tied up in a silken cloth on which sulphur is smeared and hung from a rod to be suspended in a Dolāyantra containing molten sulphur on a low fire till the sulphur assumes slightly bluish colour and the contents of the Poṭṭalī show signs of hardness on being tapped upon the wall of the yantra. The Poṭṭalī is then removed alongwith the rod and allowed to naturally cool. Thereafter the silken envelope is carefully detached and Poṭṭalī cone cleaned up to remove any encrustation of excess sulphur or cloth and preserved in closed bottles.

Dose

125 mg

Anupāna

Ārdraka Svarasa, Parṇakhaṇḍa Rasa.

Important Therapeutic Uses

Sannipāta Jvara (High grade fever due to vitiation of all Doṣa)

16 : 67 HEMANĀTHA RASA

(Bhaiṣajyaratnāvalī, Bahumūtrādhikāra: 35-38)

सूतं गन्धं हेम ताप्यं प्रत्येकं कोलसम्मितम्।
अयश्चन्द्रं प्रवालञ्च वङ्गञ्चार्द्ध विनिक्षिपेत्।।३५।।
फणिफेनस्य तोयेन कदलीकुसुमेन च।
उदुम्बररसेनापि सप्तधा परिमर्दयेत्।।३६।।
वल्लमात्रां वटीं खादेद् यथाव्याध्यनुपानतः।
प्रमेहान् विंशतिं हन्ति बहुमूत्रं सुदारुणम्।।३७।।
सोमरोगं क्षयञ्चैव श्वासं कासमुरःक्षतम्।
हेमनाथरसो नाम्ना कृष्णात्रेयेण भाषितः।।३८।।

1.	Sūta (Śuddha Pārada)		12 g
2.	Gandha (Śuddha Gandhaka)		12 g
3.	Hema (Svarṇa bhasma)		12 g
4.	Tāpya (Mākṣika bhasma)		12 g
5.	Ayasa (Lauha bhasma)		6 g
6.	Candra (Karpūra)		6 g
7.	Pravāla (bhasma)		6 g
8.	Vaṅga (bhasma)		6 g
9.	Phaṇiphēna (Ahiphena) toya		Q. S. for mardana 7 days
10.	Kadalī kusuma rasa	(Fl.)	Q. S. for mardana 7 days
11.	Udumbara rasa	(Lf.)	Q. S. for mardana 7 days

Dose

250 mg

Important Therapeutic Uses

Prameha (Urinary disorders), Bahumūtra (Polyuria), Somaroga (Polyuria in females), Kṣaya (Pthisis), Śvāsa (Dyspnoea/Asthma), Kāsa (Cough), Uraḥkṣata (Chest wound / injured chest/ disease of lungs)

16 : 68 HIṄGULEŚVARA RASA

(Bhaiṣajyaratnāvalī, Jvarādhikāra: 396)

तुल्यांशं मर्दयेत् खल्ले पिप्पलीं हिङ्गुलं विषम्।
गुञ्जार्धं मधुना देयं वातज्वरनिवृत्तये।।३९६।।

1.	Pippalī	(Fr.)	1 Part

2.	Hiṅgula śuddha		1 Part
3.	Viṣa (Śuddha Vatsanābha)	(Rt.)	1 Part
4.	Jala		Q. S. for mardana

Dose

50 mg to 125 mg

Anupāna

Madhu, Mandoṣṇa Jala

Important Therapeutic Uses

Vāta Jvara (Fever due to Vāta doṣa)

16 : 69 HIRAṆYAGARBHAPOṬṬALĪ RASA

(Bhaiṣajyaratnāvalī, Grahaṇīrogādhikāra: 498-505)

एकांशो रससराजस्य ग्राह्यौ द्वौ हाटकस्य च।
मुक्ताफलस्य चत्वारो भागाः षड् दीर्घनिःस्वनात्।।४९८।।
त्र्यंशं बलेर्वराट्याश्च टङ्कणो रसपादिकः।
पक्वनिम्बूकतोयेन सर्वमेकत्र मर्दयेत्।।४९९।।

मूषामध्ये न्यसेत् कल्कं तस्य वक्त्रं निरोधयेत्।
गर्तेऽरत्निप्रमाणेन पुटेत् त्रिंशद्वनोपलैः।।५००।।

स्वाङ्गशीतलतां ज्ञात्वा रसं मूषोदरान्नयेत्।
ततः खल्लोदरे मर्द्यं सुधारूपं समुद्धरेत्।।५०१।।

एतस्यामृतरूपस्य दद्याद् द्विगुञ्जसम्मितम्।
घृतमाध्वीकसंयुक्तमेकोनत्रिंशदूषणैः।।५०२।।

मन्दाग्नौ रोगसङ्घे च ग्रहण्यां विषमज्वरे।
गुदाङ्कुरे महामूले पीनसे श्वासकासयोः।।५०३।।

अतिसारे ग्रहण्याञ्च श्वयथौ पाण्डुके गदे।

सर्वेषु कोष्ठरोगेषु यकृत्प्लीहादिकेषु च।।५०४।।
वातपित्तकफोत्थेषु द्वन्द्वजेषु त्रिजेषु च।
दद्यात् सर्वेषु रोगेषु श्रेष्ठमेतद्रसायनम्।।५०५।।

1.	Rasarāja (Śuddha Pārada)		1 Part
2.	Hāṭaka (Svarṇa bhasma)		2 Parts
3.	Muktāphala (Muktā bhasma)		4 Parts
4.	Dīrghaniḥsvana (Śaṅkha bhasma)		6 Parts
5.	Bali (Śuddha Gandhaka)		3 Parts
6.	Varāṭikā (Kapardikā bhasma)		3 Parts
7.	Ṭaṅkaṇa (Śuddha)		1/4 Part
8.	Nimbū toya	(Fr.)	Q. S. for mardana

Special Method of Preparation

Item No. 1-7 are to be triturated with Nimbū Toya and dried up. Then, it is to be placed inside a Mūṣā, covered with clay smeared cloth, and Puṭa Pāka given with 30 cow dung cakes. When cooled, it is removed and powdered.

Dose

250 mg

Anupāna

Ghṛta and Madhu

Important Therapeutic Uses

Mandāgni (Impaired digestive fire), Grahaṇī (Malabsorption syndrome), Viṣamajvara (Intermittent fever), Gudāṅkura (Arśa) (Piles), Atīsāra (Diarrhoea), Śvāsa (Dyspnoea/Asthma), Kāsa (Cough), Pīnasa (Chronic rhinitis/sinusitis), Śotha (Inflammation), Pāṇḍu (Anaemia), Yakṛtplīhāroga (Disorder of Liver and Spleen)

17. LAUHA

Definition

Lauha kalpas are preparations of Lauha Bhasma as main ingredient added to other drugs.

Method of preparation

The drugs are reduced to fine powder and mixed with Lauha Bhasma. Bhāvanā is given with prescribed liquids if mentioned.

Characteristics and preservation

The powder should be very fine and the bhasma used should be well prepared. When well protected from moisture and heat, they keep their potency for a period of two years. Preparations containing mercury or its compounds keep their potency indefinitely.

17 : 1 GUḌŪCĪ LAUHA

(Bhaiṣajyaratnāvalī, Vātaraktādhikāra: 190)

गुडूचीसारसंयुक्तं त्रिकत्रयसमायुतम्।
वातरक्तं निहन्त्याशु सर्वरोगहरं ह्ययः।।१९०।।
सर्वसमं लौहम्।

1.	Guḍūcī sāra (Guḍūcī)	(St.)	1 Part
2.	Śuṇṭhī	(Rz.)	1 Part
3.	Marica	(Fr.)	1 Part
4.	Pippalī	(Fr.)	1 Part
5.	Harītakī	(P)	1 Part
6.	Bibhītaka	(P)	1 Part
7.	Āmalakī	(P)	1 Part
8.	Viḍaṅga	(Fr.)	1 Part
9.	Citraka	(Rt.)	1 Part
10.	Mustā	(Rz.)	1 Part

11.	Lauha (bhasma)		10 Parts

Dose

250 mg

Important Therapeutic Uses

Vātarakta (Gout)

17 : 2 NAVĀYASA LAUHA (CŪRṆA)

(Carakasaṃhitā, Cikitsāsthāna Adhyāya 16: 70-71)

त्र्यूषणत्रिफलामुस्तविडङ्गचित्रकाः समाः।
नवायोरजसो भागास्तच्चूर्णं क्षौद्रसर्पिषा।।७०।।

भक्षयेत् पाण्डुहृद्रोगकुष्ठार्शःकामलापहम्।
नवायसमिदं चूर्णं कृष्णात्रेयेण भाषितम्।।७१।।

1.	Śuṇṭhī	(Rz.)	1 Part
2.	Marica	(Fr.)	1 Part
3.	Pippalī	(Fr.)	1 Part
4.	Harītakī	(P.)	1 Part
5.	Bibhītaka	(P.)	1 Part
6.	Āmalakī	(P.)	1 Part
7.	Musta (Mustā)	(Rz.)	1 Part
8.	Viḍaṅga	(Fr.)	1 Part
9.	Citraka	(Rt.)	1 Part
10.	Ayoraja (Lauha bhasma)		9 Parts

Dose

250 mg

Anupāna

Madhu, Ghṛta

Important Therapeutic Uses

Pāṇḍu (Anaemia), Hṛdroga (Heart disease), Kuṣṭha (Diseases of skin), Arśa (Haemorrhoids), Kāmalā (Jaundice)

17 : 3 BṚHAT VIṢAMAJVARĀNTAKA LAUHA

(Bhaiṣajyaratnāvalī, Jvarādhikāra: 1155-1161)

शुद्धं सूतं तथा गन्धं कारयेत्कज्जलीं शुभाम्।
मृतसूतं हेमतारं लौहमभ्रं च ताम्रकम्।।

तालसत्त्वं वङ्गभस्म मौक्तिकं सप्रवालकम्।
सुवर्णमाक्षिकं चापि चूर्णयित्वा विभावयेत्।।

निर्गुण्डी नागवल्ली च काकमाची सपर्पटी।
त्रिफला कारवेल्लं च दशमूली पुर्ननवा।।

गुडूची वृषकश्चापि सभृङ्गः केशराजकः।
एतेषां च रसेनैव भावयेत् त्रिदिनं पृथक्।।
गुञ्जामानां वटीं कुर्याच्छास्त्रवित्कुशलो भिषक्।
पिप्पलीगुडकेनैव लिहेच्च वटिकां शुभाम्।।
ज्वरमष्टविधं हन्ति निरामं साममेव वा।
सप्तधातुगतं चापि नानादोषोद्भवं तथा।।

सततादिज्वरं हन्ति साध्यासाध्यमथापि वा।
अभिघाताभिचारोत्थं ज्वरं जीर्णं विशेषतः।।

1.	Śuddha sūta (Śuddha Pārada)	12 g
2.	Śuddha Gandhaka	12 g
3.	Mṛta sūta (Rasa sindūra)	12 g
4.	Hema (Svarṇa bhasma)	12 g
5.	Tāra (Rajata bhasma)	12 g

6.	Lauha (bhasma)		12 g
7.	Abhra (Abhraka bhasma)		12 g
8.	Tāmra bhasma		12 g
9.	Tālasatva (Śuddha Haritāla)		12 g
10.	Vaṅga bhasma		12 g
11.	Mauktika bhasma		12 g
12.	Pravāla bhasma		12 g
13.	Svarṇamākṣika (Mākṣika) bhasma		12 g
14.	Nirguṇḍī svarasa	(Lf.)	Q. S. for bhāvanā 3 days
15.	Nāgavallī svarasa	(Lf.)	Q. S. for bhāvanā 3 days
16.	Kākamācī svarasa	(Pl.)	Q. S. for bhāvanā 3 days
17.	Parpaṭa svarasa	(Pl.)	Q. S. for bhāvanā 3 days
18.	Triphalā kvātha	(Fr.P.)	Q. S. for bhāvanā 3 days
19.	Kāravella (Kārvellaka) svarasa	(Pl.)	Q. S. for bhāvanā 3 days
20.	Daśamūla kvātha	(Rt.)	Q. S. for bhāvanā 3 days
21.	Punarnavā (Rakta punarnavā)	(Pl.)	Q. S. for bhāvanā 3 days
22.	Guḍūcī svarasa	(St.)	Q. S. for bhāvanā 3 days
23.	Vṛṣaka (Vāsā) Svarasa	(Lf.)	Q. S. for bhāvanā 3 days
24.	Bhṛṅga (Bhṛṅgarāja)	(Pl.)	Q. S. for bhāvanā 3 days
25.	Keśarāja (Pīta Bhṛṅgarāja)	(Pl.)	Q. S. for bhāvanā 3 days

Dose

125 mg

Important Therapeutic Uses

Aṣṭa Jvara (Eight types of Fever), Saptadhātugata Jvara (Fever due to involvement of all seven dhātu), Satatādi Jvara (Continous fever and the like), Abhighātābhicārī Jvara (Fever due to physical or psychological trauma), Jīrṇajvara (Chronic fever)

17 : 4 BṚHAT SARVAJVARAHARA LAUHA

(Bhaiṣajyaratnāvalī, Jvarādhikāra: 980-992)

पारदं गन्धकं शुद्धं ताम्रमभ्रञ्च माक्षिकम्।
हिरण्यं तारतालञ्च कर्षमेकं पृथक् पृथक्।।९८०।।

मृतकान्तं पलं देयं सर्वमेकीकृतं शुभम्।
वक्ष्यमाणौषधैर्भाव्यं प्रत्येकं दिनसप्तकम्।।९८१।।

कारवेल्लीरसेनापि दशमूलरसेन च।
पर्पटस्य कषायेण क्वाथेन त्रैफलेन च।
गुडूच्याः स्वरसेनापि नागवल्लीरसेन च।।९८२।।

काकमाचीरसेनैव निर्गुण्ड्याः स्वरसेन च।
पुनर्नवार्द्रकाम्भोभिर्भावनां परिकल्प्य च।।९८३।।

रक्तिकादिक्रमेणैव वटिकां कारयेद्भिषक्।
पिप्पलीगुडसंयुक्ता वटिका वीर्यवर्द्धिनी।।९८४।।

ज्वरमष्टविधं हन्ति चिरकालसमुद्भवम्।
विविधं वारिदोषोत्थं नानादोषोद्भवं तथा।।९८५।।

सततादिज्वरं हन्ति साध्यासाध्यमथापि च।
क्षयोद्भवं च धातुस्थं कामशोकभवं तथा।।९८६।।

भूतावेशज्वरञ्चैव ऋक्षदोषभवं तथा।
अभिघातज्वरञ्चैवमभिचारसमुद्भवम्।।९८७।।

अभिन्यासं महाघोरं विषमञ्च द्विदोषजम्।
शीतपूर्वं दाहपूर्वं विषमं शीतलं ज्वरम्।।९८८।।

प्रलेपकज्वरं घोरमर्द्धनारीश्वरं तथा।
प्लीहज्वरं तथा कासं चातुर्थकविपर्ययम्।।९८९।।

पाण्डुरोगगणान् सर्वान् अग्निमान्द्यं महागदम्।
एतान् सर्वान्निहन्त्याशु पक्षार्द्धे नात्र संशयः।।९९०।।

शाल्यन्नं तक्रसहितं भोजयेद् द्विजसंयुतम्।
ककारपूर्वकं सर्वं वर्जनीयं विशेषतः।।९९१।।
मैथुनं वर्जयेत्तावद्यावन्न बलवान् भवेत्।
सर्वज्वरहरं श्रेष्ठमनुपानं प्रकल्पयेत्।।९९२।।

1.	Pārada śuddha		12 g
2.	Gandhaka śuddha		12 g
3.	Tāmra (bhasma)		12 g
4.	Abhraka (bhasma)		12 g
5.	Mākṣika (bhasma)		12 g
6.	Hiraṇya (Svarṇa bhasma)		12 g
7.	Tāra (Rajata bhasma)		12 g
8.	Tāla (Haritāla bhasma)		12 g
9.	Mṛtakānta (Lauha bhasma)		48 g
10.	Kāravellī (Kāravellaka) rasa	(Pl.)	Q. S. for bhāvanā 7 days
11.	Daśamūla kvātha	(Rt.)	Q. S. for bhāvanā 7 days
12.	Parpaṭa kaṣāya	(Pl.)	Q. S. for bhāvanā 7 days
13.	Triphalā kvātha	(P.)	Q. S. for bhāvanā 7 days
14.	Guḍūcī svarasa	(St.)	Q. S. for bhāvanā 7 days
15.	Nāgavallī rasa	(Lf.)	Q. S. for bhāvanā 7 days
16.	Kākamācī svarasa	(Pl.)	Q. S. for bhāvanā 7 days
17.	Nirguṇḍī svarasa	(Lf.)	Q. S. for bhāvanā 7 days

18.	Punarnavā (Rakta punarnavā) rasa	(Pl.)	Q. S. for bhāvanā 7 days
19.	Ārdraka rasa	(Rz.)	Q. S. for bhāvanā 7 days

Special Method of Preparation

Prepare pills of 125 mg

Dose

125 mg 3 times a day.

Anupāna

Madhu

Important Therapeutic Uses

Jvara (Fever)

17 : 5 YAKṚTPLĪHĀRI LAUHA

(Bhaiṣajyaratnāvalī, Plīhāyakṛtrogādhikāra: 118-123)

हिङ्गुलसम्भवं सूतं गन्धकं लौहमभ्रकम्।
तुल्यं द्विगुणताम्रन्तु शिला च रजनी तथा।।११८।।

जयपालं टङ्गणञ्च शिलाजतु समं रसात्।
एतत्सर्वं समाहृत्य चूर्णीकृत्य विमिश्रयेत्।।११९।।

दन्तीत्रिवृच्चित्रकञ्च निर्गुण्डी त्र्यूषणं तथा।
आर्द्रकं भृङ्गराजश्च समैरेषां पृथक् पृथक्।।१२०।।

भावयित्वा वटीं कुर्याद् गुञ्जाद्वयमितां भिषक्।
प्लीहानं यकृतञ्चैव चिरकालानुबन्धिनम्।।१२१।।
एकजं द्वन्द्वजञ्चैव सर्वदोषभवं तथा।
हन्यादष्टोदरानाहज्वरं पाण्डुञ्च कामलाम्।।१२२।।

शोथं हलीमकं हन्ति मन्दाग्नित्वमरोचकम्।
यकृत्प्लीहारिनामेदं लौहं जगति दुर्लभम्।।१२३।।

1.	Hiṅgulasambhava sūta (Hiṅgulottha Pārada)		1 Part
2.	Gandhaka śuddha		1 Part
3.	Lauha (bhasma)		1 Part
4.	Abhraka (bhasma)		1 Part
5.	Tāmra (bhasma)		2 Parts
6.	Śilā (Śuddha Manaḥśilā)		2 Parts
7.	Rajanī (Haridrā)	(Rz.)	2 Parts
8.	Jayapāla śuddha	(Sd.)	2 Parts
9.	Ṭaṅgaṇa (Śuddha Ṭaṅkaṇa)		2 Parts
10.	Śilājatū śuddha		2 Parts
11.	Dantī svarasa	(Rt.)	Q. S. for bhāvanā 2 times
12.	Trivṛt svarasa	(Rt.)	Q. S. for bhāvanā 2 times
13.	Citraka rasa	(Rt.)	Q. S. for bhāvanā 2 times
14.	Nirguṇḍī rasa	(Lf.)	Q. S. for bhāvanā 2 times
15.	Tryūṣaṇa (Śuṇṭhī, Marica, Pippalī) kvātha		Q. S. for bhāvanā 2 times
16.	Ārdraka rasa	(Rz.)	Q. S. for bhāvanā 2 times
17.	Bhṛṅgarāja rasa	(Pl.)	Q. S. for bhāvanā 2 times

Dose

250 mg

Important Therapeutic Uses

Udararoga (Ascites), Ānāha (Distension of abdomen due to obstruction to passage of urine and stools), Jvara (Fever), Pāṇḍu (Anaemia), Kāmalā (Jaundice), Śotha (Inflammation), Halīmaka (Chronic obstructive Jaundice/Chlorosis/Advanced stage of Jaundice), Mandāgni (Impaired digestive fire), Aruci (Tastelessness), Yakṛtplīhāroga (Disorder of Liver and Spleen)

17 : 6 YOGARĀJA

(Carakasaṃhitā, Pāṇḍurogacikitsā Adhyāya 16: 80-86)

त्रिफलायास्त्रयो भागास्त्रयस्त्रिकटुकस्य च।।८०।।

भागाश्चित्रकमूलस्य विडङ्गानां तथैव च।
पञ्चाश्मजतुनो भागास्तथा रूप्यमलस्य च ।।८१।।

माक्षिकस्य च शुद्धस्य लौहस्य रजसस्तथा।
अष्टौ भागाः सितायाश्च तत्सर्वं सूक्ष्मचूर्णितम्।।८२।।

माक्षिकेणाप्लुतं स्थाप्यमायसे भाजने शुभे।
उदुम्बरसमां मात्रां ततः खादेद्यथाग्निना।।८३।।

दिने दिने प्रयुञ्जीत जीर्णे भोज्यं यथेप्सितम्।
वर्जयित्वा कुलत्थानि काकमाचीं कपोतकम्।।८४।।

योगराज इति ख्यातो योगोऽयममृतोपमः।
रसायनमिदं श्रेष्ठं सर्वरोगहरं शिवम्।।८५।।

पाण्डुरोगं विषं कासं यक्ष्माणं विषमज्वरम्।
कुष्ठान्यजीर्णकं मेहं शोषं श्वासमरोचकम्।।८६।।

विशेषाद्धन्त्यपस्मारं कामलां गुदजानि च।

1.	Harītakī	(P.)	1 Part
2.	Bibhītaka	(P.)	1 Part
3.	Āmalakī	(P.)	1 Part

4.	Śuṇṭhī	(Rz.)	1 Part
5.	Marica	(Fr.)	1 Part
6.	Pippalī	(Fr.)	1 Part
7.	Jatu (Śuddha Śilājatu)		5 Parts
8.	Rūpyamala (Rajata bhasma)		5 Parts
9.	Mākṣika (bhasma)		5 Parts
10.	Lauha (bhasma)		5 Parts
11.	Sitā		8 Parts

Dose

250 mg to 500 mg

Anupāna

Madhu

Pathya, Apathya

Kulattha, Kākamācī (Makoya), Kapota Māṃsa - Apathya (varjanīya)

Important Therapeutic Uses

Pāṇḍu Roga (Anaemia), Viṣa (Poison), Kāsa (Cough), Yakṣmā (Tuberculosis), Viṣamajvara (Intermittent fever), Kuṣṭha (Diseases of skin), Meha (Excessive flow of urine), Śoṣa (Cachexia), Śvāsa (Dyspnoea/Asthma), Arocaka (Tastelessness), Apasmāra (Epilepsy), Kāmalā (Jaundice)

Note : 1. The weight of Udumbara is more than 1 gram but the dose of this drug has been fixed 250mg to 500 mg on the basis of dose of Rasa and cūrṇa etc. because of mandāgni.

17 : 7 RAKTAPITTĀNTAKA LAUHA

(Bhaiṣajyaratnāvalī, Raktapittādhikāra: 74)

धात्री च पिप्पलीचूर्णं तुल्यया सितया सह।।
रक्तपित्तहरं लौहमम्लपित्तं विनाशयेत्।।७४।।

1.	Dhātrī (Āmalakī)	(P.)	1 Part
2.	Pippalī cūrṇa	(Fr.)	1 Part
3.	Lauha (bhasma)		1 Part
4.	Sitā		1 Part

Dose

250 mg

Important Therapeutic Uses

Raktapitta (Bleeding disorder), Amlapitta (Dyspepsia)

17 : 8 ŚATAMŪLYĀDI LAUHA

(Bhaiṣajyaratnāvalī, Raktapittādhikāra: 73)

शतमूलीसिताधान्यनागकेशरचन्दनैः।
त्रिकत्रयतिलैर्युक्तं लौहं सर्वगदापहम्।।
तृष्णादाहज्वरच्छर्दिरक्तपित्तहरं परम्।।७३।।

1.	Śatamūlī (Śatāvarī)	(Rt.)	1 Part
2.	Sitā		1 Part
3.	Dhānyaka	(Fr.)	1 Part
4.	Nāgakēśara	(Adr.)	1 Part
5.	Candana (Śveta candana)	(Ht.Wd.)	1 Part
6.	Śuṇṭhī	(Rz.)	1 Part
7.	Marica	(Fr.)	1 Part
8.	Pippalī	(Fr.)	1 Part
9.	Harītakī	(P.)	1 Part
10.	Bibhītaka	(P.)	1 Part

11.	Āmalakī	(P.)	1 Part
12.	Tila	(Sd.)	1 Part
13.	Viḍaṅga	(Fr.)	1 Part
14.	Mustā	(Rz.)	1 Part
15.	Citraka	(Rt.)	1 Part
16.	Lauha (bhasma)		15 Parts

Dose

250 mg

Important Therapeutic Uses

Tṛṣṇā (Thirst), Dāha (Burning sensation), Jvara (Fever), Chardi (Emesis), Raktapitta (Bleeding disorder)

17 : 9 ŚILĀJITVĀDI LAUHA

(Bhaiṣajyaratnāvalī, Rājayakṣmādhikāra: 166)

शिलाजतुमधुव्योषताप्यलौहरजांसि च।
क्षीरेण लोहितस्याशु क्षयः क्षयमवाप्नुयात्।।१६६।।

1.	Śilājatu śuddha		1 Part
2.	Madhu		1 Part
3.	Śuṇṭhī	(Rz.)	1 Part
4.	Marica	(Fr.)	1 Part
5.	Pippalī	(Fr.)	1 Part
6.	Tāpya (Mākṣika bhasma)		1 Part
7.	Lauha raja (bhasma)		6 Parts

Dose

250 mg

Anupāna

Kṣīra

Important Therapeutic Uses

Raktakṣaya (Blood loss)